

Mind/Body

Learn the art of Yoga and Pilates as our certified instructors lead you through the correct form and breathing involved in these mind/body exercises. Through six weeks of classes, the student can expect to learn proper breathing and form while strengthening their core. Join us for Preview Week, January 23 - 26.

Focus on Form Yoga

Mon/Wed
8:30 a.m. - 9:45 a.m.
Dance Studio
M = \$75 NM = \$90
Session A
Jan. 30 - March 7
Session B
March 19 - April 25

Vinyasa Yoga

Tuesdays
8:30 a.m. - 9:45 a.m.
Dance Studio
M = \$45 NM = \$60
Session A
Jan. 31 - March 6
Session B
March 20 - April 24

Sunrise Yoga

Tuesdays
6:30 a.m. - 7:45 a.m.
Dance Studio
M = \$45 NM = \$60
Session A
Jan. 31 - March 6
Session B
March 20 - April 24



Vinyasa Yoga

Thursdays
8:30 a.m. - 9:45 a.m.
Dance Studio
M = \$45 NM = \$60
Session A
Feb. 2 - March 8
Session B
March 22 - April 26

Stretch and Tone

Tues/Thurs
4:15 p.m. - 5:15 p.m.
Dance Studio
M = \$55 NM = \$70
Session A
Jan. 31 - March 8
Session B
March 20 - April 26

Pilates Sculpt

Tues/Thurs
6:30 p.m. - 7:30 p.m.
Room 158
M = \$55 NM = \$70
Session A
Jan. 31 - March 8
Session B
March 20 - April 26



PiYo

Tues/Thurs
5:30 p.m. 6:30 p.m.
Room 158
M = \$55 NM = \$70
Session A
Jan. 31 - March 8
Session B
March 20 - April 26

Iron Yoga

Thursdays
7:30 p.m. - 8:30 p.m.
Room 158
M = \$40 NM = \$55
Session A
Feb. 2 - March 8
Session B
March 22 - April 26

Hatha Yoga

Tuesdays
7:30 p.m. - 9:00 p.m.
Room 158
M = \$40 NM = \$55
Session A
Jan. 31 - March 6
Session B
March 20 - April 24



SIU

Southern
Illinois
University
CARBONDALE

M = SRC Member
NM = Non-Member