

Get fit with New Campus Recreation classes

Looking for a fun way to rev up your fitness routine? Campus Recreation (Rec) now offers two new group fitness classes: Body Jam and Extrim Bollywood. Both classes combine dance and exercise to maximize the fun while you improve your strength, endurance and flexibility.

Body Jam and Extrim Bollywood are just a couple of a wide variety of fitness classes offered by Campus Rec. Cycling, cardio, mind body, strength and water options are available.

It is easy to attend any of their many group fitness offerings. Starting May 1st, Campus Rec members can purchase a summer Group Fitness Pass for \$30. This gives you unlimited access to classes during the summer. Not a member yet? Campus Rec also offers a reasonably priced summer membership.

To learn how to become a Campus Rec member: <https://campusrec.illinois.edu/member-services/membership-fees/>

To learn about group fitness passes: <https://campusrec.illinois.edu/programs/group-fitness/group-fitness-passes/>

For class descriptions: <https://campusrec.illinois.edu/programs/group-fitness/group-fitness-class-descriptions/>