### Class Descriptions

**Functional Yoga** - This yoga practice focuses on regaining and maintaining the functional strength and mobility of the body.

**Kripalu Yoga** – This type of yoga emphasizes on meditation, breathwork, and physical healing.

**Vinyasa Flow** – This contemporary style of Yoga flows through a dynamic sequence of poses that will challenge your fitness level.

**Pilates** – Improve core strength, flexibility, and control of the body.

**Strength & Conditioning** – Open Session in the Strength Lab. (Equipment: dumbbells, barbells, TRX, Rings, Medicine balls, etc.)

**Strength Movement** - Let’s get strong! Foundational strength training to enhance body function & advance your fitness level. Optional Power & Olympic lifting progressions provided.

**Swimming** - Open swim session for lap swimming and aquatic exercises.

For more information you can:
- Visit our website: [https://kin.sfsu.edu/fitplus](https://kin.sfsu.edu/fitplus)
- Email: fitplus@sfsu.edu
- Follow us on Instagram: sfsufitplus

**Total Body Fit** – workout program focusing on body sculpting, HIIT and circuit training.

**KBX** - This fun combination of martial arts techniques and total body conditioning will definitely get your heart pumping.

**Zumba** - Features aerobic interval training that incorporates slow and fast Afro-Latin rhythms to tone the body

**Abs-Sessions** - 30 min session that focuses on sculpting and toning your abs.

**Buns and Guns** – Focuses on strengthening and building the glutes and upper body.

**TRX- Fusion ($)** - Fee based suspension training that involves bodyweight exercises to develop strength, balance, flexibility, and core stability.

**Hard Core** - establishes a variety of workouts to strengthen your core.

**Flow Core Restore** – This Yoga class is Vinyasa style with an emphasis on Core Strength.

*Class Schedule subject to change*