

# FitPlus + (Faculty+Staff Only)

## EXERCISE SCHEDULE

Faculty and Staff Wellness Program  
Department of Kinesiology



FALL 2018

Sept 4 – Dec 21

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Functional Yoga</b> BH6 12:10-1pm Elsa	<b>Kripalu Yoga</b> BH 6 12:10-1pm Jacalyn	<b>Pilates</b> BH 6 12:10-1pm Michele	<b>Kripalu Yoga</b> BH 6 12:10-1pm Jacalyn	<b>Pilates</b> BH 6 12:10-1pm Michele
<b>Strength &amp; Conditioning</b> Gym 148 12-12:50pm Will	<b>Strength &amp; Conditioning</b> Gym 148 12-1:30pm Orin	<b>Strength &amp; Conditioning</b> Gym 148 12-12:50pm Will	<b>Strength &amp; Conditioning</b> Gym 148 12-1:30pm John	<b>Strength &amp; Conditioning</b> Gym 148 12-12:50pm Will
<b>Total Body Fit</b> Gym 147 12:10-1pm Staff	<b>Strength &amp; Movement</b> Gym 148 12:15-1:15pm Orin	<b>Total Body Fit / KBX</b> Gym 147 12:10-1pm Joseph	<b>Strength &amp; Movement</b> Gym 148 12:15-1:15pm John	<b>Vinyasa Flow</b> Gym 147 12:30-1:20pm Kim
<b>Swimming</b> Gym Pool 12:10 - 1pm Brandon	<b>Swimming</b> Gym Pool 12:10 - 1pm Brandon	<b>Swimming</b> Gym Pool 12:10 - 1pm Brandon	<b>Swimming</b> Gym Pool 12:10 - 1pm Brandon	<b>Swimming</b> Gym Pool 12:10-1pm Brandon
<b>Abs-Session</b> Gym 148 12:15-12:45pm Will	<b>Zumba</b> Gym 147 12:10-1pm Suzetty	<b>Buns and Guns</b> Gym 148 12:15-12:45pm Will	<b>Zumba</b> Gym 147 12:10-1pm Maile	<b>Hard Core</b> Gym 148 12:15-12:45pm Will
<b>TRX-Fusion (\$)</b> Gym 148 5:30-6:30pm Lily		<b>TRX-Fusion (\$)</b> Gym 148 5:30-6:30pm Lily	<b>Flow Core Restore</b> BH 6 5:15 - 6:05pm Jessica	

### 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>
- Email: [fitplus@sfsu.edu](mailto: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-Session** - 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. Starts 9/17

**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