# FitPlus + (Faculty+Staff Only)

## EXERCISE SCHEDULE

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Functional Yoga</strong>&lt;br&gt;BH6&lt;br&gt;12:10-1pm&lt;br&gt;Elsa</td>
<td><strong>Kripalu Yoga</strong>&lt;br&gt;BH 6&lt;br&gt;12:10-1pm&lt;br&gt;Jacalyn</td>
<td><strong>Pilates</strong>&lt;br&gt;BH 6&lt;br&gt;12:10-1pm&lt;br&gt;Michele</td>
<td><strong>Kripalu Yoga</strong>&lt;br&gt;BH 6&lt;br&gt;12:10-1pm&lt;br&gt;Jacalyn</td>
<td><strong>Pilates</strong>&lt;br&gt;BH 6&lt;br&gt;12:10-1pm&lt;br&gt;Michele</td>
</tr>
<tr>
<td><strong>Strength &amp; Conditioning</strong>&lt;br&gt;Gym 148&lt;br&gt;12-12:50pm&lt;br&gt;Will</td>
<td><strong>Strength &amp; Conditioning</strong>&lt;br&gt;Gym 148&lt;br&gt;12-12:30pm&lt;br&gt;Orin</td>
<td><strong>Strength &amp; Conditioning</strong>&lt;br&gt;Gym 148&lt;br&gt;12-12:50pm&lt;br&gt;Will</td>
<td><strong>Strength &amp; Conditioning</strong>&lt;br&gt;Gym 148&lt;br&gt;12-12:30pm&lt;br&gt;Will</td>
<td><strong>Strength &amp; Conditioning</strong>&lt;br&gt;Gym 148&lt;br&gt;12-12:50pm&lt;br&gt;Will</td>
</tr>
<tr>
<td><strong>Total Body Fit</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Staff</td>
<td><strong>Total Body Fit</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Staff</td>
<td><strong>Total Body Fit / KBX</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Will</td>
<td><strong>Total Body Fit</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Will</td>
<td><strong>Total Body Fit</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Will</td>
</tr>
<tr>
<td><strong>Swimming</strong>&lt;br&gt;Gym Pool&lt;br&gt;12:10 - 1 pm&lt;br&gt;Brandon</td>
<td><strong>Swimming</strong>&lt;br&gt;Gym Pool&lt;br&gt;12:10 – 1 pm&lt;br&gt;Brandon</td>
<td><strong>Swimming</strong>&lt;br&gt;Gym Pool&lt;br&gt;12:10 – 1 pm&lt;br&gt;Brandon</td>
<td><strong>Swimming</strong>&lt;br&gt;Gym Pool&lt;br&gt;12:10 – 1 pm&lt;br&gt;Brandon</td>
<td><strong>Swimming</strong>&lt;br&gt;Gym Pool&lt;br&gt;12:10 – 1 pm&lt;br&gt;Brandon</td>
</tr>
<tr>
<td><strong>Abs-Session</strong>&lt;br&gt;Gym 148&lt;br&gt;12:15-12:45pm&lt;br&gt;Will</td>
<td><strong>Zumba</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Suzette</td>
<td><strong>Buns and Guns</strong>&lt;br&gt;Gym 148&lt;br&gt;12:15-12:45pm&lt;br&gt;Will</td>
<td><strong>Zumba</strong>&lt;br&gt;Gym 147&lt;br&gt;12:10-1pm&lt;br&gt;Maile</td>
<td><strong>Flow Core Restore</strong>&lt;br&gt;BH 6&lt;br&gt;5:15 – 6:05pm&lt;br&gt;Jessica</td>
</tr>
<tr>
<td><strong>TRX-Fusion ($)</strong>&lt;br&gt;Gym 148&lt;br&gt;5:30-6:30pm&lt;br&gt;Lily</td>
<td></td>
<td><strong>TRX-Fusion ($)</strong>&lt;br&gt;Gym 148&lt;br&gt;5:30-6:30pm&lt;br&gt;Lily</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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-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