**FITPLUS**

**EXERCISE SCHEDULE**

**FALL 2019 / SEPT. 3 – DEC. 20**

*Faculty and Staff Wellness Program*

*Department of Kinesiology*

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**Monday 12:10-1 pm**

- Open Strength Train - Gym 148
- Swimming - Gym Pool
- Power Yoga - BH 6
- Total Body Fit - Gym 147
- Butts and Gutts (12:15pm) - Gym 148
- TRX Fusion $ (5:30pm) - Gym 148

**Tuesday 12:10-1 pm**

- Open Strength Train (12-2pm) - Gym 148
- Swimming - Gym Pool
- Kripalu Yoga - BH 6
- Open Basketball - Gym 147
- Skill and Drills (12-12:30pm) - Gym 147
- Personal Fit (11-12pm /1-2pm) - by appt.
- Chisel - Gym 148

**Wednesday 12:10-1 pm**

- Open Strength Train - Gym 148
- Swimming - Gym Pool
- Pilates- BH 6
- Total Body Fit - Gym 147
- Perfect Arms (12:15pm) - Gym 148
- TRX Fusion $ (5:30pm) - Gym 148

**Thursday 12:10-1 pm**

- Open Strength Train (12-2pm) - Gym 148
- Swimming - Gym Pool
- Kripalu Yoga - BH 6
- Open Basketball - Gym 147
- Skill and Drills (12-12:30pm) - Gym 147
- Personal Fit (11-12pm /1-2pm) - by appt.
- Chisel - Gym 148

**Friday 12:10-1 pm**

- Open Strength Train - Gym 148
- Swimming - Gym Pool
- Pilates - BH 6
- Active Recovery - Gym 148
- Self Defense - Gym 148
- Hot Latin Rhythm (12:15pm) - Gym 147

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For more information:

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

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**Power Yoga** - This powerful yoga explores exercises to build functional mind-body endurance and strength.

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

**Active Recovery** – This specialized class assists in allowing the body to recover after a week long of work with light exercises and stretches.

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

**Strength & Train** – Open Session in the Strength Lab.

**Chisel** - Let us lead you through the basics in strength training. Let’s get strong!

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

**Perfect Arms** - Get your upper body and arms right!

**Open Basketball** - Come and shoot around or get a pick-up game!

**Skills and Drills** - Get conditioned and improve on basic basketball skills!

**Total Body Fit** – Combine strength and cardio exercises through interval and circuit training.

**Self Defense** – The use of martial arts and self-defense techniques to help build stamina, coordination, and flexibility.

**Hot Latin Rhythm** - Set off the weekend with Salsa, Merengue, Cha-cha, and other latin inspired dances. Sweat it out while having fun!

**Butts and Gutts** - Core, hips and leg strength focus.

**Personal Fit** – Set a 30-minute complimentary session with a Certified Personal Trainer and get personal with your fitness program. E-mail jap@sfsu.edu to reserve your time.

**Personal Fit Plus ($)** - Private workout with our Certified Fitness Pro. E-mail jap@sfsu.edu for more info.

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

*Class Schedule subject to change*