### 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>
</table>
| **Yoga Flow**  
BH6  
12:10-1pm  
Kim / Jessica | **Kripalu Yoga**  
BH 6  
12:10-1pm  
Jacalyn | **Pilates**  
BH 6  
12:10-1pm  
Michele | **Kripalu Yoga**  
BH 6  
12:10-1pm  
Jacalyn | **Pilates**  
BH 6  
12:10-1pm  
Michele |
| **Strength & Conditioning**  
Gym 148  
12:10-1pm  
Orin | **Strength & Conditioning**  
Gym 148  
12:10-1pm  
Chris G. | **Strength & Conditioning**  
Gym 148  
12:10-1pm  
Orin | **Strength & Conditioning**  
Gym 148  
12:10-1pm  
Chris G. | **Strength & Conditioning**  
Gym 148  
12:10-1pm  
Orin |
| **Swimming**  
Gym Pool  
12:10 - 1pm  
Brandon | **Swimming**  
Gym Pool  
12:10 – 1pm  
Brandon | **Swimming**  
Gym Pool  
12:10 – 1pm  
Brandon | **Swimming**  
Gym Pool  
12:10 – 1pm  
Brian | **Swimming**  
Gym Pool  
12:10 -1pm  
Brandon |
| **Total Body Fit**  
Gym 147  
12:10-1pm  
John | **CardioKick / Zumba**  
Gym 147  
12:10-1pm  
Suzetty | **Total Body Fit / Active Recovery**  
Gym 147  
12:10-1pm  
Chris G. | **Zumba / Aqua Zumba**  
Gym 147  
12:10-1pm  
Maile | **KBX**  
Gym 147  
12:10-1pm  
Joseph |
| **Chisel**  
Gym 148  
12:15-12:45pm  
Orin | **Hard Core**  
Gym 148  
12:15-12:45pm  
Chris G. | **Chisel**  
Gym 148  
12:15-12:45 pm  
Chris G. | **Hard Core**  
Gym 148  
12:15-12:45pm  
Chris G. | |
| **TRX-Fusion ($)**  
Gym 148  
5:30-6:30pm  
Lily | **Cross Training**  
Gym 148  
TBD  
Orin | **TRX-Fusion ($)**  
Gym 148  
5:30-6:30pm  
Lily | **Cross Training**  
Gym 148  
TBD  
Orin | |

#### Class Descriptions

- **Yoga Flow** - This yoga brings strength, flexibility while cleansing the mind and body through a conscious breath and mindful flow.
- **Kripalu Yoga** – This type of yoga emphasizes on meditation, breathwork, and physical healing.
- **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.)
- **KBX** - Learn fundamentals of martial arts while involving strength and endurance training.
- **Swimming** - Open swim session for lap swimming and aquatic exercises.
- **Active Recovery** - let the body recover through simple low-impact alignment exercises (Alternates with TBF)

For more information you can:

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

*Class Schedule subject to change*