# FIT PLUS
## EXERCISE SCHEDULE
### SUMMER 2019 / JUNE 3 – AUG 23
**General** - $65  
**Senior (62+)** - $60  
**OLLI** - $25  
**Family Add On** - $75

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>12:10-1 pm Gym 148</td>
<td>Strength Train Staff</td>
<td>Strength Train (11 am-2 pm)</td>
<td>Strength Train Staff</td>
<td>Strength Train (11 am-2 pm)</td>
<td>Strength Train Staff</td>
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<tr>
<td>12:10-1 pm Gym Pool</td>
<td>Open Swim Brian</td>
<td>Open Swim Brandon</td>
<td>Open Swim Brian</td>
<td>Open Swim Brandon</td>
<td>Open Swim TBD</td>
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<tr>
<td>12:10-1 pm BH 6</td>
<td>Power Yoga Joseph</td>
<td>Kripalu Yoga Jacalyn</td>
<td>Pilates Michele</td>
<td>Kripalu Yoga Jacalyn</td>
<td>Pilates Michele</td>
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<tr>
<td>12:10-1 pm Gym 147</td>
<td>Total Body Fit Chris</td>
<td>Zumba Suzetty</td>
<td>Total Body Fit Chris</td>
<td>*Zumba Maile</td>
<td>Recovery Chris</td>
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<tr>
<td>12:10-1 pm Gym 149</td>
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<tr>
<td>11-12 / 1-2 pm Gym148</td>
<td>Personal Fit Justin</td>
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<td>Personal Fit Justin</td>
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<tr>
<td>12:10-12:50pm Gym 148</td>
<td>Chisel Justin</td>
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<td>Chisel Justin</td>
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<tr>
<td>5:30-6:30 pm Gym 148</td>
<td>TRX Fusion $Lily</td>
<td>Yoga Flow-Kim BH6/ 5:10-6 pm</td>
<td>TRX Fusion $Lily</td>
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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.

### 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. (Equipment: dumbbells, barbells, TRX, Rings, Medicine balls, etc.)

### 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.

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

### Yoga Flow - This yoga brings strength, flexibility while cleansing the mind and body through a conscious breath and mindful flow

### Total Body Fit – Workout program focusing on body sculpting, HIIT and circuit training.

### Martial Arts Fit - The use of martial arts techniques to help build stamina, coordination, and flexibility.

### Zumba - Features aerobic interval training that incorporates slow and fast Afro-Latin rhythms to tone the body. *Thursday class alternates with Aqua Zumba.

### Aqua Zumba - Let’s take Zumba to the pool! *Held every 2nd and 4th Thursday.. Alternates with Thursday Zumba.

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

### 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 between 11-12 pm or 1-2 pm.

*Class Schedule subject to change