

# FitPlus + (Faculty+Staff Only)

## EXERCISE SCHEDULE

Faculty and Staff Wellness Program  
Department of Kinesiology



SUMMER 2018

June 4 - Aug 23

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Functional Yoga</b> BH6 12:10-1pm Elsa</p> <p><b>Strength &amp; Conditioning</b> Gym 148 12:10-1pm Will</p> <p><b>Total Body Fit / Cardio-Kick</b> Gym 147 12:10-1pm Erika / Staff</p> <p><b>Swimming</b> Gym Pool 12:10 - 1pm Brandon</p> <p><b>Abs-Session</b> Gym 148 12:30-1pm Will</p> <p><b>TRX-Fusion (\$)</b> Gym 148 5:30-6:30pm Lily</p>	<p><b>Kripalu Yoga</b> BH 6 12:10-1pm Jacalyn</p> <p><b>Strength &amp; Conditioning</b> Gym 148 12:10-1pm Staff</p> <p><b>Zumba</b> Gym 147 12:10-1pm Suzetty</p>	<p><b>Pilates</b> BH 6 12:10-1pm Michele</p> <p><b>Strength &amp; Conditioning</b> Gym 148 12:10-1pm Will</p> <p><b>Total Body Fit</b> Gym 147 12:10-1pm Staff</p> <p><b>Swimming</b> Gym Pool 12:10 - 1pm Brandon</p> <p><b>Buns and Guns</b> Gym 148 12:30-1pm Will</p> <p><b>TRX-Fusion (\$)</b> Gym 148 5:30-6:30pm Lily</p>	<p><b>Kripalu Yoga</b> BH 6 12:10-1pm Jacalyn</p> <p><b>Strength &amp; Conditioning</b> Gym 148 12:10-1pm Staff</p> <p><b>Zumba</b> Gym 147 12:10-1pm Maile</p>	<p><b>Active Recovery</b> Gym 147 12:10-1pm Staff</p> <p><b>Strength &amp; Conditioning</b> Gym 148 12:10-1pm Will</p> <p><b>Swimming</b> Gym Pool 12:10-1pm Brandon</p> <p><b>Hard Core</b> Gym 148 12:30-1pm Will</p>
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.

**Active Recovery** - Through corrective exercises and postural alignment, this class resets the entire body and assists in recovery.

**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.)

**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.

**Cardio-Kick** - The combination of martial arts techniques and combos to help build stamina, coordination, and flexibility.

**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.

**Hard Core** - establishes a variety of workouts to strengthen your core.

\*Class Schedule subject to change