**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. (Coming Spring)

**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 (TBF)** – workout program focusing on body conditioning. Involves 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.

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

**TRX- Fusion ($)** - Fee based suspension training that involves bodyweight exercises to develop strength, balance, flexibility, and core stability. Contact lmluci@icloud.com for more info.

*Class Schedule subject to change*