

A WEEK OF THANKS

The Kinesiology Department's Fit Plus program would like to give thanks to the SF State community, faculty and staff by offering a **FREE WEEK OF FITNESS CLASSES**

Monday 11/20 - Wednesday 11/22



MONDAY

BH 6 12:10-1PM
Hatha Flow Yoga
Adair

GYM 149 12:10-1PM
Vinyasa Yoga
Peter

GYM 148 12:10-1PM
Strength & Conditioning
Will

TUESDAY

BH 6 12:10-1PM
PiYo Fusion
Adair

GYM 148 12:10-1PM
Strength & Conditioning
Will

WEDNESDAY

BH 6 12:10-1PM
Gentle Flow Yoga
Peter

GYM 149 12:10-1PM
Pilates
Michele

GYM 148 12:10-1PM
Strength & Conditioning
Will

Note: The University will be shutting off the gas service between Monday 11/20-Wednesday 11/22, which will affect the gymnasium building. **Hot showers and heating will be affected.**

For more information:
GYM 101 | (415) 338-2244
kin.sfsu.edu/fitplus

Faculty & Staff Wellness Program
Department of Kinesiology

