

FitPlus

EXERCISE SCHEDULE



Faculty and Staff Wellness Program
Department of Kinesiology

SPRING 2020 / JAN 27 – MAY 15

General - \$80
OLLI - \$30

Senior (62+) - \$60
Family Add ON - \$100

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
12:10-2 pm Gym 148	Open Exercise <i>Staff</i>	Open Exercise <i>Staff</i>	Open Exercise <i>Staff</i>	Open Exercise <i>Staff</i>	Open Exercise <i>Staff</i>
12:15-12:45 Gym 148	Butts & Guts <i>Staff</i>		Perfect Arms <i>Staff</i>		Mid-Day Workout <i>Staff</i>
12:10-1 pm BH 6	Power Yoga <i>Joseph</i>	Kripalu Yoga <i>Jacalyn</i>	Pilates <i>Michele</i>	Kripalu Yoga <i>Jacalyn</i>	Pilates <i>Michele</i>
12:10-1 pm Gym 147	Play Time <i>Nelly</i>	Chisel <i>Justin</i>	Play Time <i>Nelly</i>	Chisel <i>Justin</i>	Reset <i>Chris</i>
12:10-1 pm Pool	Open Swim	Open Swim		Open Swim	Open Swim
1:10-2 pm Gym 148		Personal Fit <i>Justin</i>		Personal Fit <i>Justin</i>	
5:30-6:30 pm Gym 148	Open Exercise <i>Staff</i>		Open Exercise <i>Staff</i>		
5:30-6:30 pm Gym 148	TRX Fusion \$ <i>Chris</i>		TRX Fusion \$ <i>Chris</i>		

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.

Reset – 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.

Open Exercise – Open workout session in the Strength Lab. (Equipment: dumbbells, barbells, TRX, Rings, Medicine balls, etc.)

Open Swim - Total body activity in the pool. Splish-Splash!

Perfect Arms - Get your upper body and arms right!

Butts and Gutts - Core, hips and leg strength focus!

Chisel - Let us lead you through the basics in strength training with a mix of cardio. Let's get strong!

Play Time – Workout program using different games, sports, balls, drills etc. to improve your fitness and coordination while having fun.

Mid-Day Workout - A great way to get ready for the weekend with interval training.

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.

*Class Schedule subject to change

For more information:

- Visit our website: <https://kin.sfsu.edu/fitplus>
- Email: fitplus@sfsu.edu
- Follow us on Instagram : sfsufitplus