# FitPlus

## EXERCISE SCHEDULE

**WINTER 2020 / JAN 6 – JAN 24**

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>12:10-2 pm Gym 148</strong></td>
<td>Open Exercise Staff</td>
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<tr>
<td><strong>12:10-1 pm Gym 148</strong></td>
<td>Butts &amp; Guts Keene</td>
<td>Chisel Justin</td>
<td>Perfect Arms Keene</td>
<td>Chisel Justin</td>
<td>Mid-Day Fix Keene</td>
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<tr>
<td><strong>12:10-1 pm BH 6</strong></td>
<td>Power Yoga Joseph</td>
<td>Kripalu Yoga <em>(Starts 1/14)</em> Jacalyn</td>
<td>Pilates Michele</td>
<td>Kripalu Yoga <em>(Starts 1/16)</em> Jacalyn</td>
<td>Pilates Michele</td>
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<tr>
<td><strong>12:10-1 pm Gym 147</strong></td>
<td>Total Body Fit Chris</td>
<td>Total Body Fit Chris</td>
<td>Total Body Fit Chris</td>
<td>Reset Chris</td>
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<tr>
<td><strong>1:10-2:00 pm Gym 148</strong></td>
<td>Personal Fit Justin</td>
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<td>Personal Fit Justin</td>
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<tr>
<td><strong>5:30-6:30 pm Gym 148</strong></td>
<td>Open Exercise Staff</td>
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<td>Open Exercise Staff</td>
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<td>TRX Fusion $ Chris</td>
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<tr>
<td><strong>5:30-6:30 pm Gym 148</strong></td>
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**General** - $30  
**Senior (62+)** - $25  
**OLLI** - $5  
**Family Add ON** - $40

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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.

**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.)

**Swimming** - Due to Pool Maintenance the pool will be closed until further notice

**Chisell** - Let us lead you through the basics in strength training. Let’s get strong!

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

**Mid Day Fix** - The use of martial arts techniques to help build stamina, coordination, and flexibility.

**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](https://kin.sfsu.edu/fitplus)
- Email: [fitplus@sfsu.edu](mailto:fitplus@sfsu.edu)
- Follow us on Instagram: [sfsufitplus](https://www.instagram.com/sfsufitplus)