

Fit-Plus

EXERCISE SCHEDULE



FALL 2024 / SEPT – DEC

General - \$80
OLLI - \$30

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

Faculty and Staff Wellness Program
Department of Kinesiology

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12 pm Gym 148	<i>Stretch it Out</i> Terrell (118B)	<i>Butts & Guts</i> Steven	<i>Stretch It Out</i> Terrell (118B)	<i>Butts & Guts</i> Terrell	
12:00-1 pm Gym 148	Open Exercise Staff	Open Exercise (11:30-1pm) Staff	Open Exercise Staff	Open Exercise (11:30-1pm) Staff	Open Exercise Staff
12:10-1 pm Gym 148	Circuit Training Jefferson	Kickbox Circuit Steven	Power Hour Jefferson	Circuit Training Terrell	Suspension Training Hans
12:10-1 pm Gym 147	<i>Zumba</i> Maria	Basketball / Skills Class Terrell			Basketball / Skills Class Terrell
12:10-1 pm Pool		Open Swim Staff	Open Swim (11-45-12:45)	Open Swim Staff	Open Swim + Aqua Fit
12:10-1 pm Gym 118B	<i>Pilates/Virtual</i> Michele	Yoga Jacalyn	<i>Pilates/Virtual</i> Michele	Yoga Jacalyn	
6:00-7:00 pm Virtual Link		<i>Boot Camp \$\$</i> Kaitlyn		<i>Boot Camp \$\$</i> Kaitlyn	

Yoga – This type of yoga emphasizes on meditation, breathwork, and physical healing.

Pilates – Improve core strength, flexibility, and control of the body. This class is streamed live.

Open Exercise – Open workout session in the Strength Lab. (Equipment: Dumbbells, Barbells, TRX, Medicine Balls, etc.)

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

Stretch it Out – 20 min stretch course to get the stiffness out

Open Swim – Feel the freedom of in-door swimming

Aqua Fit – Using water resistance as a means to get stronger

Basket Ball – Open Play & Skills Practice

Personal Fit – Set a 30-minute complimentary session with a Certified Personal Trainer and get personal with your fitness program. E-mail jpen@sfsu.edu to reserve your time.

*Class Schedule subject to change

Power Hour - Let us lead you through the dynamic levels of strength training. Let's get strong!

Kickbox Circuit – Workout program utilizing martial arts + HIIT to improve over all fitness conditioning.

Zumba – Dance, sweat and have fun with this Latin/Afro dance inspired fitness class

Suspension Training – Using TRX and body weight to strengthen the core, increase balance and total body strength.

Circuit Training – Incorporating strength training in a cardio-based training circuit, to improve strength and endurance.

Boot Camp (\$) - Fee based semi-private small group training with individualized focus develop strength, balance, flexibility, and core stability.

For more information:

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