

FitPlus

EXERCISE SCHEDULE

FALL 2026 / SEPTEMBER-DECEMBER



General - \$100
OLLI - \$37.50

Senior (62+) - \$75
Family Add ON - \$125

Faculty and Staff Wellness Program
Department of Kinesiology

	Monday	Tuesday	Wednesday	Thursday	Friday
11:30-12 pm Gym 148		Move-ility <i>John</i>			Move-ility <i>Ethan</i>
12:00-1 pm Gym 148	Open Exercise <i>Staff</i>	Open Exercise (11:30-2pm) <i>Staff</i>	Open Exercise <i>Staff</i>	Open Exercise (11:30-2pm) <i>Staff</i>	Open Exercise (11:30-1pm) <i>Staff</i>
12:10-1 pm Gym 148	Rings Bells & Things <i>Rodolfo</i>	Functional Fitness <i>Adria</i>	Strength 101 <i>Adria</i>	Rings Bells & Things <i>Rodolfo</i>	Circuit Training <i>Ethan</i>
12:10-1 pm Gym 123		Yoga <i>Jacalyn</i>		Yoga <i>Jacalyn</i>	
1:00-1:50 pm Gym 148	Circuit Training <i>Ethan</i>	HITS & Kicks <i>Ethan</i>	Pilates <i>Michele</i>		
6:00-7:00 pm Virtual Link		Boot Camp \$\$ <i>Kaitlyn</i>		Boot Camp \$\$ <i>Kaitlyn</i>	

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

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.)

Move-ility – move better with mobility training

Strength 101 – Let's get back to the basics of strength training

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.

For more information:

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

Functional Fitness - Build strength, agility, and endurance through everyday movement patterns designed for every fitness level.

HITS & Kicks – Interval workout incorporating strength and martial arts for a fun and cardio based workout

Rings Bells & Things – Using Sandbells, Ring and many more 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. Contact us for more info.

*Class Schedule subject to change