



**SAN FRANCISCO
STATE UNIVERSITY**

FIT PLUS FALL 2025



**Program Staff
And
Instructors**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15		Wake & Shake GYM 148 *RSVP only		Wake & Shake GYM 148 *RSVP only	
11:30-12:15	Upper body Burnout GYM 148		Lower body Burnout GYM 148		
11:30-13:00	Open Gym 148		Open Gym 148		
12:00-13:30		Open Gym 148		Open Gym 148	
12:00-13:30					Open Gym 148
12:10-13:00 GYM 148	Boxing Circuit GYM 148	Gator Power GYM 148	Kettlebell Rings & Things GYM 148	Gator Power GYM 148	Kettlebell Rings & Things GYM 148
12:10-13:00 GYM 118B/147		YOGA GYM 118	MyoRoll GYM 118B	YOGA GYM 118B	Step it Up GYM 147
13:00-13:50		Move-ility GYM 118B	PILATES GYM 118B	Take control GYM 148	

Gator Power: Maximize your strength potential in the Squat, Bench and Deadlift and off-set age related losses w/ Ryan

Kettlebells: Rings and Things: Strength & conditioning strategies with minimal equipment / Rodolfo

Move-ility: Mobility optimization through creative movement / Rodolfo

Yoga: Enhance flexibility, balance, and inner calm w/ Jacalyn

Pilates: Mat-based exercises that strengthen core muscles & improve posture w/ Michelle

Lower body Burnout: High tempo Strength and Conditioning w/ Ethan

Upper Body Burnout: High tempo Strength and Conditioning w/Ethan

Open Gym: Supervised facility access

Wake and Shake: Start your morning off right with getting your steps in and stretching it out w/ Ethan *RSVP day prior @

epicaralli@sfsu.edu

Step it Up: Step-aerobic dance choreography w/ Kintan

Take Control: Fine tune your stability and balance through Recovery and Cheer based training w/ Kintan

MyoRoll Release: Targeted myofascial release therapy for injury prevention and recovery w/ Ryan

Boxing Circuit: A mixture of basic boxing technique and strength training for a fun & powerful workout w/ John

John Penacerrada
-Program Director

Kintan Choy
-Project/Team Lead

Rodolfo Guzman
-Project Assistant
-Kinesiology Major
-Dance/Fitness Instructor (10yrs)

Ethan Picarelli
-Business/
Marketing Major
-Kinesiology Minor
-Fitness Instructor
SFSU

Ryan Pazcoguín
-Kinesiology Major
-AA Transfer-
Kinesiology
-AA Physical/Natural
Sciences
-Veteran (USMC)

Michelle
- Pilates Instructor

Jacalyn
- Yoga Instructor

*Class
schedules
are subject
to change.

For more information:

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