



SFSU FIT-PLUS FITNESS SCHEDULE

SPRING 2025. FEBRUARY - MAY

FACULTY AND STAFF WELLNESS PROGRAM

DEPARTMENT OF KINESIOLOGY



GENERAL - \$100

SENIOR (62+) - \$75

OLLI - \$37.50

FAMILY ADD ON - \$125

	MON	TUE	WED	THURS	FRI
	9AM-10AM	12PM-1PM		12PM-1PM	
POOL (TIME VARIES)	OPEN SWIM	OPEN SWIM		OPEN SWIM	
11:30-1:30PM	12:10PM-1:30PM		12:10PM-1:30PM	VIRTUAL STREAM (KIN-STRETCH)	
GYM 148 (TIME VARIES)	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF? KINT-STRETCH 11:30AM-12PM STEVEN	OPEN EXERCISE STAFF
12:10PM-1:00PM					
GYM 148	LOWER BODY STRENGTH CLASS SEAN	UPPER BODY STRENGTH CLASS SEAN	CIRCUIT TRAINING MARIA	KICK-BOX CIRCUIT WITH STEVEN	TRX WITH KINTAN & SEAN
12:10PM-1:00PM					
GYM 147	ZUMBA WITH MARIA		STEP IT UP WITH KINTAN		
12:10PM-1:00PM					
GYM 118 B		YOGA WITH JACLYN			
1:00PM-1:30PM	VIRTUAL STREAM	VIRTUAL STREAM	VIRTUAL STREAM		
GYM 148	ALL CORE WITH SEAN	BUTTS & GUTS WITH SEAN	STRETCH AND FLOW WITH KINTAN		
6:00PM-7:00PM					
VIRTUAL LINK		BOOT CAMP \$\$ KAITLYN		BOOT CAMP \$\$ KAITLYN	

CHECK OUT OUR CLASSES

Boot Camp (\$) - Fee based semi-private small group training

with individualized focus develop strength. balance. flexibility. and core stability.

All Core - Targets the muscles of the abdomen to build strength and stability.

Butts and Guts - Hip and core mobility focused

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

Kin-Stretch - Improves flexibility and muscle control through dynamic stretches and targeted strengthening exercises.

Lower/Upper body strength class - combines weightlifting exercises to build muscle, enhance endurance, and improve overall strength and stability in both the upper and lower body.

Step it up - Step aerobic that combines dance, endurance, and power exercises to improve fitness and overall health.

Stretch and Flow - Improves flexibility, mobility, and muscle relaxation through a series of gentle, targeted stretches and breathing exercises.

TRX Training - Using TRX and body weight to strengthen the core. increase balance and total body strength.

Yoga - Focuses on building strength through dynamic poses and mindful movement, while improving flexibility and mentality.

Zumba - A high-energy dance class that combines fun easy steps with Latin-Afro rhythms.



[HTTPS://KIN.SFSU.EDU/FITPLUS](https://kin.sfsu.edu/fitplus)



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