

# FIT PLUS

## SUMMER 2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 - 13:30	OPEN GYM 148				
11:30 - 12:00	Movility GYM 148		Myo-Roll		Movility GYM 148
12:10 - 13:00	Circuit Training GYM 148	Strength Training GYM 148	Gator Tactics GYM 148	Strength Training GYM 148	Circuit Training GYM 148
12:10 - 13:00		Yoga GYM 123		Yoga GYM 123	
13:00 - 13:45		Move It to Groove It GYM 123	Pilates GYM 148	Move It to Groove It GYM 123	

**Program Staff**  
**Instructors**  
**John Penacerrada**  
 - Program director  
**Rodolfo Guzman**  
 - Project Assistant  
 - Kinesiology major  
 - Dance/Fitness Instructor  
 (10 yrs)  
**Ryan Pazcoguín**  
 - Kinesiology Major  
 - AA Transfer Kinesiology  
 - AA Physical/Natural  
 - Veteran (USMC)  
**Jacqueline Macedo**  
 - Project lead  
 - Kinesiology Major  
**Adria Paras**  
 - Kinesiology major  
**Ethan**  
 - Kinesiology major  
**Ira**  
 - BA in Kinesiology  
 - Dance and Athletic  
 Coaching  
**Michelle**  
 - Pilates instructor  
**Jacalyn**  
 - Yoga instructor

### Class Descriptions

**MyoRoll Release:** Targeted myofascial release for injury prevention and recovery with Ryan

**Gator Tactics:** The use of self-defense movements combined with resistance to improve overall fitness conditioning

**Circuit Conditioning:** Serving as a full-body workout for fitness

**Move It to Groove It:** A dance based class to get your heart rate up with Aira

**Strength Training:** Focus on building strength and muscle through the use of resistance training and functional exercises with Adria

**Movility:** Focuses on hip mobility and total body control. Open up and strengthen the hips to handle everyday activities with ease with Ethan

**Yoga:** Enhance flexibility, balance, and inner calm with Jacalyn

**Pilates:** Mat-based exercises that strengthen the core muscles & improve posture with Michelle

For more information:

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