



Fit Plus Summer 2025



Stay Fit and Well with the SF State Fit Plus Community

Live in-Person Classes

Monday – Rings & Kettlebells @ 12:10 pm (Gym 148)

Tuesday – Calisthenics @ 12:00 pm (Gym 148)

- Yoga @ 12:10 pm (Gym 118B)

Wednesday – SBD (Squat, Bench Press, Deadlift) @ 11:30 pm (Gym 148)

- Pilates @ 12:10 pm (Gym 118B)

Thursday – Rings & Kettlebells @ 12:10 pm (Gym 148)

- Yoga @ 12:10 pm (118B)

Friday – Calisthenics @ 12:00 pm (Gym 148)

Open Exercise Daily from 11:30 am – 1:00 pm @ Gym 148

Visit <https://kin.sfsu.edu/fit-plus> email jpen@sfsu.edu IG @sfsufitplus