# FITPLUS CLASS SCHEDULE

*Schedule subject to change*

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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</thead>
</table>
| POSTURAL RESET  
9:30AM  
John  
ZOOM | CORE & STRETCH  
11:30PM  
Ricksel  
GYM 148 | LIFTING 101  
12:10PM  
Ace  
GYM 148 | BODY PUMP  
12:10PM  
Jefferson  
GYM 148 | POSTURAL RESET  
9:30AM  
John  
ZOOM |
| HIIT TO FIT  
12:10PM  
Brian  
GYM 148 | BODY PUMP  
12:10PM  
Jefferson  
GYM 148 | BODY PUMP  
12:10PM  
Jefferson  
GYM 148 | HIIT TO FIT  
12:10PM  
Brian  
GYM 148 |

Open Gym 11:00AM-1:00PM GYM 148  
*One on One personal training available*

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</table>
| YOGA  
12:10PM  
Jacalyn  
Burk Hall 6 | PILATES  
12:10PM  
Michele  
ZOOM | WELLNESS WALK  
12:10PM  
Ricksel  
Gator Statue in front of Gymnasium | YOGA  
12:10PM  
Jacalyn  
Burk Hall 6 | YOGA  
12:10PM  
Jacalyn  
Burk Hall 6 |

Dance Fitness 12:10PM GYM 147  
LET'S JAM  
Megan  
FOOTLOOSE  
Megan  
TAP DANCE FIT  
Megan  
LET'S JAM  
Megan  

Open Swim GYM POOL  
Swim Conditioning  
12:30PM-1:30PM  
Nathan/Kassidy  
BOOTCAMP ($)  
5:45PM  
Kaitlyn  
ZOOM  
Swim Conditioning  
12:00-1:30PM  
Nathan/Kassidy  
BOOTCAMP ($)  
5:45PM  
Kaitlyn  
ZOOM  
Swim Conditioning  
12:30PM-1:30PM  
Nathan/Kassidy  
BOOTCAMP ($)  
5:45PM  
Kaitlyn  
ZOOM  
Swim Conditioning  
12:00-1:30PM  
Nathan/Kassidy  
BOOTCAMP ($)  
5:45PM  
Kaitlyn  
ZOOM |

Sessions start 8/29/2022  
Visit our website to register!

Core & Stretching - Improve core strength, stability, and increase range of motion  
Pilates - Low-impact exercise to strengthen the core and increase balance and flexibility  
Postural Reset - Rejuvenate the body using corrective exercises addressing posture  
Body Pump - Functional exercise to improve muscular strength and endurance  
Yoga - Enhance stability and flexibility while cleansing the mind and body through conscious breath and mindful flow  
Wellness Walk - Light stretching followed by an outdoor walk to get the body active  
Dance Fitness - Variety of dance genres to boost endurance & coordination in a fun atmosphere  
Let’s Jam - Urban Style / Footloose - Jazz Funk / Tap Dance Fit - Tap dance  
HIIT to Fit - Interval/circuit training to challenge overall fitness  
Swim Conditioning - Swim coaching available or individual lap swimming  
Boot Camp ($) - Progressive group training to achieve personalized individual goals for all levels  
*For One-on-One Training email jpen@sfsu.edu to reserve your session*