

# SFSU FIT-PLUS FITNESS SCHEDULE

**WINTER 2025/ JANUARY**

FACULTY AND STAFF WELLNESS PROGRAM  
DEPARTMENT OF KINESIOLOGY



GENERAL - \$37.50    SENIOR (62+) - \$60  
OLLI - 6.25.    FAMILY ADD ON - \$50

	MON	TUE	WED	THURS	FRI
<b>11:30-12PM</b>					
<b>GYM 148</b>	11:15-11:50PM KIN STRETCH STEVEN	ALL CORE SEAN		BUTTS AND GUTS SEAN	
<b>11:30-1:30PM</b>	11:30-1:00PM	11:30-1:30PM	11:30-1:30PM	11:30-1:30PM	11:30-1:00PM
<b>GYM 148 (Time varies)</b>	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF	OPEN EXERCISE STAFF
<b>12:10-1PM</b>					
<b>GYM 148</b>	KICK-BOX CIRCUIT JOHN	LOWER BODY STRENGTH CLASS SEAN	CIRCUIT TRAINING SEAN & JOHN	UPPER BODY STRENGTH CLASS SEAN	TRX SUSPENSION TRAINING SEAN & KINTAN
<b>12:10-1PM</b>					
<b>GYM 147</b>				STEP IT UP KINTAN	
<b>1:00-1:30PM</b>					
<b>GYM 148</b>		STRETCH AND FLOW SEAN		STRETCH AND FLOW KINTAN	
<b>6:00-7:00PM</b>					
<b>VIRTUAL LINK</b>		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.

**Butts and Guts** - Hip and core mobility focused

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

**Kick-box Circuit** - Workout program utilizing martial arts + HIIT to improve overall fitness conditioning

**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 strength, endurance, and power exercises to improve fitness and athletic performance

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

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

**For more information:**

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