

FIT PLUS SPRING 2026



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Program staff Instructors
7:30-8:15	Wake and Shake GYM 148 *RSVP only		Wake and Shake GYM 148 *RSVP only			John Penacerrada -Program director Rodolfo Guzman -project assistant -Kinesiology major -Dance/Fitness instructor (10 yrs)
11:30-12:00					Apple Core GYM 148	Ethan Picarelli -Business/Marketing Major -Kinesiology AA Physical/Natural Sciences -Fitness Instructor SFSU
11:30-13:30	OPEN GYM 148 (12 PM)	OPEN GYM 148	OPEN GYM 148 (12pm)	OPEN GYM 148	OPEN GYM 148	Ryan Pzacoguin -Kinesiology Major -AA Transfer Kinesiology -AA Physical/Natural -Veteran (USMC)
12:10-13:00	Boxing Conditioning GYM 148	Rings, Bells and Things GYM 148	Gator Power GYM 148	Rings, Bells and things GYM 148	Boxing Conditioning GYM 148	Phyo Sein -Scheduling -Kinesiology Major Jacqueline Macedo -Project lead -Kinesiology Major Adria Paras -Kinesiology major
12:10-13:00		Yoga GYM 123		Yoga GYM 123		Michelle -Pilates instructor Jacalyn -Yoga instructor
13:00-13:45		Myo-Roll GYM 148	Pilates GYM 148	Move-ility GYM 148		

Wake and Shake: Start your morning off right by getting your steps in and stretching it out w/ Ethan
*RSVP epicaralli@sfsu.edu

MyoRoll Release: Targeted myofascial release therapy for injury prevention and recovery w/ Ryan

Gator Power: Maximize your strength potential in the Squat, Bench, and Deadlift, and offset age-related losses w/ Ryan

Kettlebells: Rings and Things: Strength & conditioning strategies with kettlebells, rings and more w/ Rodolfo

Apple Core: A core focus class that increases your range of motion, improves posture, and reduces pain and stiffness W/Phyo

Boxing: serving as an intense full-body workout for fitness, stress relief, and discipline, while also teaching crucial self-defense skills w/Jackie

Move-ility: Mobility optimization through creative movement/ Rodolfo

Yoga: Enhance flexibility, balance, and inner calm w/ Jacalyn

Pilates: Mat-based exercises that strengthen the core muscles & improve posture w/ Michelle

For more information:

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