



**FitnessPlus**  
SFSU Faculty/Staff Wellness



# FITNESS CLASSES

Summer Schedule June 9-August 15

MONDAY	TUES	WED	THURS	FRI
	<b>BodySculpt</b> 7:45-8:30am-Gym 123 <i>Chris</i>		<b>BodySculpt</b> 7:45-8:30am-Gym 123 <i>Chris</i>	
<b>Weight Training</b> 12:00-1 PM - Gym 148 <i>Edwin</i>	<b>Weight Training</b> 12:00-1 PM - Gym 148 <i>Edwin</i>	<b>Weight Training</b> 12:00-1 PM - Gym 148 <i>Edwin</i>	<b>Weight Training</b> 12:00-1 PM - Gym 148 <i>Edwin</i>	<b>Weight Training</b> 12:00-1 PM - Gym 148 <i>Edwin</i>
	<b>Swimming</b> 11-1PM - Gym Pool <i>Yuka</i> <i>Share with SFSU students</i>		<b>Swimming</b> 11-1PM - Gym Pool <i>Yuka</i> <i>Share with SFSU students</i>	<b>Swimming</b> 11-1PM - Gym Pool <i>Yuka</i> <i>Share with SFSU students</i>
<b>Nia</b> 12:00-1 PM - Gym 146 <i>Monica</i>	<b>Cardio</b> 12:00-1 PM - Gym 146 <i>Trisha</i>	<b>Feldenkrais</b> 12:00-1 PM - Gym 123 <i>Lisa</i>	<b>Cardio</b> 12:00-1 PM - Gym 146 <i>Vicki</i>	<b>Nia</b> 12:00-1 PM - Gym 146 <i>Monica</i>
<b>Pilates</b> 12-1pm Gym 123 <i>Marni</i>		<b>Pilates</b> 12-1pm Gym 146 <i>Marni</i>		
<b>Beginning Yoga</b> 12:00-1 PM - BH 6 <i>Jacalyn</i>	<b>Yoga</b> 12:00-1 PM - BH 6 <i>Marni</i>	<b>Yoga</b> 12:00-1 PM - BH 6 <i>Jacalyn</i>	<b>Yoga</b> 12:00-1 PM - BH 6 <i>Diana</i>	<b>Yoga</b> 12:00-1 PM - BH 6 <i>Jacalyn</i>

	<b>Swimming</b> 5-6:30 PM - Gym Pool <i>Yuka</i>		<b>Swimming</b> 5-6:30 PM - Gym Pool <i>Yuka</i>
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REGISTRATION FORM & INFORMATION: [www.sfsu.edu/~fitplus](http://www.sfsu.edu/~fitplus)

