

CAMPUS RECREATION DEPARTMENT

FALL BREAK 2016 SCHEDULE

Monday, November 21, 2016

GROUP X SCHEDULE

12:10 PM to 1:00 PM

KRIPALU YOGA

Burk Hall 6

Jacalyn



1:10 PM to 2:00 PM

PIYO

Gym 149

Adair



WEIGHT ROOM

Gym 148

12pm - 2pm

These classes are at no additional cost and open to all SF Students, and SF State Faculty & Staff who have purchased General Campus Recreation membership. All participants must present SF State ID card, with sticker(s) to the instructor and must have a signed Campus Recreation waiver on file with us before participating. For more information, including class descriptions, please visit <https://www.sfsu.edu/~recsport/> 11/15/16