FEBRUARY 3RD ~ MAY 16TH, 2014

MONDAY

KRIPALU YOGA
12:10-1pm
(BH 6)
~Jacalyn

Emphasizing breath and relaxation, this class focuses on individualizing the intensity for each person. Nurture your body while increasing self awareness.

(Class limited to Faculty/Staff Only with current membership sticker)

TUESDAY

TOTAL BODY SCULPT
12:10-1pm
(GYM 149)
~Alex

Participate in exercises for all major muscle groups to increase endurance and strengthen muscular and cardiovascular systems.

(Class limited to Faculty/Staff Only with current membership sticker)

WEDNESDAY

KRIPALU YOGA
12:10-1pm
(BH 6)
~Jacalyn

Emphasizing breath and relaxation, this class focuses on individualizing the intensity for each person. Nurture your body while increasing self awareness.

(Class limited to Faculty/Staff Only with current membership sticker)

THURSDAY

TOTAL BODY SCULPT
12:10-1pm
(GYM 149)
~Alex

Participate in exercises for all major muscle groups to increase endurance and strengthen muscular and cardiovascular systems.

(Class limited to Faculty/Staff Only with current membership sticker)

FRIDAY

GENTLE RESTORATIVE FLOW
12:10-1pm
(BH 6)
~Peter

Focuses on breath and holding of poses for longer periods of time to welcome mind-body awareness. Restorative poses are assisted by props such as bolsters, blocks, sandbags, and straps.

(Class limited to Faculty/Staff Only with current membership sticker)

STRENGTH & CONDITIONING ROOM
(GYM 148)
MONDAY & WEDNESDAY ~ 12 - 2 PM/7-10 PM
TUESDAY & THURSDAY ~ 12 - 1 PM/5-9 PM
FRIDAY ~ 12 - 5 PM
(Open to Faculty, Staff & Students)

SWIMMING POOL
(GYM 121)
MONDAY - THURSDAY ~ 12 - 8 PM
FRIDAY ~ 12 - 4:15 PM
(Open to Faculty, Staff & Students)

GENERAL INFORMATION:

- The Modified Schedule is open to all students, faculty and staff.
- All Participants must present their SF State ID card and a current membership sticker. Instructors must check each ID and membership sticker before class begins.
- All classes are 50 minutes in length and begin 10 minutes after the scheduled time.
- ***Please do not arrive late***
- Group Exercise Rooms and Locker Room availability are subject to change.
- You are encouraged to bring your own yoga mat.

Effective 2/3 - 5/16, 2014

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