# GROUP X MODIFIED SCHEDULE

**January 2nd-18th, 2013**

No Programming January 1st and January 21st-25th, 2013

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle Hatha Yoga 12-1pm (BH 6) -Jacalyn</td>
<td>Vinyasa Yoga 12-1pm (BH 6) -Rory</td>
<td>Gentle Hatha Yoga 12-1pm (BH 6) -Jacalyn</td>
<td>Vinyasa Yoga 12-1pm (BH 6) -Jeff</td>
<td>PiYo® 12-1pm (BH 6) -Adair</td>
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<tr>
<td>Turbokick 12-1pm (Gym 100.J) -Amel</td>
<td>Bellydance 12-1pm (Gym 100) -Mo</td>
<td>PiYo® 12-1pm (GYM 100J) -Adair</td>
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## CLASS DESCRIPTIONS

### PiYo®
A unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that’s fun, challenging and will make you sweat. It’s about energy, power, and rhythm. Think sculpted Abs, increased overall core strength, and greater stability.

### Gentle Hatha Yoga
Experience the many benefits of yoga in a safe, and friendly environment. Enjoy an internal and an integrative experience, whether you are new to yoga, have a physical limitation, or would like to deepen your yoga. It’s easy to begin right where you are and cultivate your inner awareness.

### Vinyasa Yoga
Awaken your inner warrior! This dynamic flow infuses the best of traditional flow and energizing breath techniques to enlighten the body, mind and soul. Ignite the spark within and transform your practice to a whole new level!

### Turbokick
This intense high-calorie burning activity is a total-body workout designed to improve strength, aerobic fitness, flexibility, coordination, and balance.

### BELLYDANCE
Hip and chest isolations, smooth grooves and earthy shimmies. Gain strength, control, flexibility and balance. Belly dance hits your core!

### CARDIO BOOTCAMP
Cardio Kickboxing and Gut’s N Butt’s fused into one intense class. Simultaneous conditioning and strengthening techniques will help you reach any fitness goal you’ve set for the semester. Expect to get your workout on and begin to feel the results within the first few weeks!

### General Information:
- The Modified Schedule is open to all students, faculty and staff.
- All Participants must present their SF State ID card and a membership sticker if applicable.
- All classes are 50min in length and begin 10min after the scheduled time-please do not arrive late.
- Group X Rooms and Locker Room availability are subject to change.
- Yoga Mat check-out is available in the locker rooms with ID but you are encouraged to bring your own.
- Shoes are required and please turn off cell phones.

Effective 01/02/13

www.sfsu.edu/~recsport