### CLASS DESCRIPTIONS

**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 self.

**Dance**
Hip and chest isolations, smooth grooves and earthy shimmies. Gain strength, control, flexibility and balance. This class hits your core!

**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.

**Vinyasa Flow**
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!

**ZUMBA®**
ZUMBA® classes combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Previous dance experience is not necessary, not to mention it's great for the mind, body, and soul.

**XL Strength Training - Ends 7/23**
Part of muscle building includes repetition and timed rest periods. This class will assist Intermediate to Advanced level weight trainers on proper technique, routines, and knowledge that will help you break through your plateau.

**YINyasa Flow**
A smooth and energizing Vinyasa Flow combined with the therapeutic benefits of Yin Yoga. One part of this class gets you flowing while the other allows you to hold postures for a more extended period of time, promoting deep relaxation and mental clarity. An uplifting, endurance-building and meditative experience all in one.

**Bootcamp**
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!

### MODIFIED SUMMER SCHEDULE

#### JULY 22-AUGUST 16, 2013 ~ (unless otherwise noted)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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| **Gentle Hatha Yoga**
12:10-1pm (BH 6)
- Jacalyn |
**Dances**
12:10-1pm (Gym 100J)
- Mo |
**PIYO®**
12:10-1pm (Gym 147)
- Adair |
**YINyasa Flow**
12:10-1pm (BH 6)
- Jeff |
**ZUMBA®**
12:10-1pm (Gym 100)
- Erika |
**XL Strength Training**
12:10-1pm (Gym 149)
- Alex M. |
**YINyasa Flow**
12:10-1pm (BH 6)
- Rory |
**Vinyasa Flow**
12:10-1pm (BH 6)
- Jeff |
**ZUMBA®**
12:10-1pm (Gym 100)
- Erika |
**PIYO®**
12:10-1pm (Gym 147)
- Adair |
**Vinyasa Flow**
12:10-1pm (BH 6)
- Rory |

#### General Information:
- All Student Participants must present their SFSU ID card.
- All Faculty/Staff Participants must present their SFSU ID card with a membership sticker.
- All classes are 50 min in length and begin 10min after the scheduled time.
- Group X Rooms and Locker Room availability are subject to change.
- If you wish to use the Locker Room services please finish your workout a minimum of 15 minutes prior to the Locker Room Closing.

[www.sfsu.edu/~recsport]