CAMPUS RECREATION
SPRING SCHEDULE
FEBRUARY 3RD ~ MAY 16TH, 2014

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

SWIMMING POOL
(GYM 121)
MONDAY — THURSDAY~12-8 PM
FRIDAY — 12-4:30 PM
AQUA FIT — M-F~12:10-1pm

GROUP X SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY
PiYo® PiYo® HaHa Yoga Flow Strength & Conditioning
1210-1pm 1210-1pm 1210-1pm 1210-1pm 1210-1pm
(GYM 149) (GYM 149) (GYM 149) (GYM 149) (GYM 149)
-Adair -Adair -Adair -Peter -Alex
TurboKick TurboKick TurboKick ZUMBA® ZUMBA®
1210-1pm 1210-1pm 1210-1pm 1210-1pm 1210-1pm
(GYM 100C) (GYM 100C) (GYM 100C) (GYM 100) (GYM 100)
-Laura -Laura -Laura -Erika -Erika
Butts & Guts Butts & Guts Butts & Guts ZUMBA®
110-2pm 110-2pm 110-2pm 110-2pm
(GYM 100C) (GYM 100C) (GYM 148-Courtyard) (GYM 100C)
-Becky -Becky -Becky -Erika
Vinyasa Yoga Flow Vigorous Yoga Flow Vigorous Yoga Flow Vigorous Yoga Flow
110-2pm 610-7pm 610-7pm 610-7pm
(BH 6) (GYM 149) (BH 6) (GYM 149)
-Adair -Alex -Rory -Michele
ZUMBA® ZUMBA® Boot Camp Boot Camp
110-2pm 110-2pm 110-2pm 110-2pm
(GYM 100C) (GYM 100C) (GYM 100C) (GYM 100C)
-Erika -Erika -Erika -Erika
Mellow Yoga Flow Vigorous Yoga Flow Boot Camp
710-8pm 710-8pm 710-8pm
(BH 6) (GYM 100C) (GYM 100C)
-Adair -Michele -Becky
Vigorous Yoga Flow Strength & Conditioning
610-7pm 110-2pm
(GYM 100C) (GYM 149)
-Becky -Alex
ZUMBA® ZUMBA®
1210-1pm 1210-1pm
(GYM 100) (GYM 149)
-Erika -Alex
Iyengar Yoga Iyengar Yoga Circuit Training
710-8pm 710-8pm
(BH 6) (GYM 100C)
-Rory -Michele

GENERAL INFORMATION:
The Schedule is open to all students, faculty and staff.
You must present your SF State ID card, with sticker(s) to the
Instructor and sign the roster sheet.
All participants must have a signed
CRD Waiver on file with us
All classes are 50 minutes in length
and begin 10 minutes after the
scheduled time.
Exercise Rooms and Locker Room
availability are subject to change.
Please bring your own yoga mat.
Shoes are required and please turn off
cell phones.

www.sfsu.edu/~recsport

Effective 2/3 - 5/16, 2014
# Group X Class Descriptions

**Spring 2014**

## Be Fit!

<table>
<thead>
<tr>
<th>Butler's 'n Guts</th>
<th>Zumba®</th>
<th>Boot Camp</th>
<th>Turbo Kick®</th>
</tr>
</thead>
<tbody>
<tr>
<td>A strength and toning class targeting the lower body and abdominals.</td>
<td>Zumba® is an easy-to-follow, Latin inspired fitness class set to high-energy beats. Come join the dance fitness party!</td>
<td>A high-intensity interval class that mixes calisthenics and body weight exercises with cardio and strength training. Expect to get a great workout and see results!</td>
<td>With cardio kickboxing and body sculpting dance moves set to great music, you'll get lean and toned—and have a blast doing it! It's a calorie torching, high intensity, fast-paced, and totally addicting workout!</td>
</tr>
</tbody>
</table>

## Have Fun!

<table>
<thead>
<tr>
<th>Circuit Training</th>
<th>Strength &amp; Conditioning</th>
<th>Warrior Yoga Flow</th>
<th>PiYo®</th>
</tr>
</thead>
<tbody>
<tr>
<td>An intense, fast paced class utilizing drills and stations that contain body weight exercises, cardio, equipment and calisthenics. Challenge yourself and reach a new level of fitness!</td>
<td>Designed to increase physical strength through weight-bearing and resistance exercise.</td>
<td>From sun salutes to warrior sequences, standing balances and eventually deep relaxation, this class is designed to give you a full mind and body workout.</td>
<td>A unique fusion of yoga and pilates designed to help you build strength &amp; gain flexibility.</td>
</tr>
</tbody>
</table>

## Be Focused!

<table>
<thead>
<tr>
<th>Aqua Fit</th>
<th>XL Strength Training</th>
<th>Mellow Yoga Flow</th>
<th>Vinyasa Yoga Flow</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burn fat and increase cardio with our high intensity workout program designed to fulfill your specific cardio needs.</td>
<td>This class will focus on repetitions and rest periods to assist intermediate to advanced level weight trainers with proper technique, routines, and knowledge to help you break through your plateau.</td>
<td>Provides a balance of flowing movement and breath awareness with a slow and steady pace, intended to induce deep relaxation. For all levels!</td>
<td>This dynamic class infuses traditional flow with breathing techniques to enlighten the body, mind, &amp; soul.</td>
</tr>
</tbody>
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<th>Mellow Yoga Flow</th>
<th>Iyengar Yoga</th>
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<tr>
<td>Provides a balance of flowing movement and breath awareness with a slow and steady pace, intended to induce deep relaxation. For all levels!</td>
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