CAMPUS RECREATION
MODIFIED SUMMER SCHEDULE
JUNE 9TH ~ AUGUST 8TH, 2014

STRENGTH & CONDITIONING ROOM
(GYM 148)
MONDAY - FRIDAY ~ 11 AM – 2 PM
POOL AND LOCKER ROOMS CLOSED FOR SUMMER

XPRESS CLASSES
30 MINUTE CLASSES
CLASSES WITH *ASTERISKS* AROUND THEM INDICATE THAT THE CLASS IS AN XPRESS CLASS

GROUP X SCHEDULE

MONDAY
Boot Camp
11:10-12 PM
(WCG Field)
-Lea
TurboKick
12:30-1 PM
(WCG Field)
-Lea
Gentle Restorative Flow
12:10-1 PM
(BH 6)
-Jacalyn
Mellow Yoga
12:30-1 PM
(GYM 149)
-Adair
PiYo®
11:00-2 PM
(GYM 149)
-Adair

TUESDAY
**Cardio Blast**
11-11:30 AM
(WCG Field)
-Becky
**AbSolution**
11:30-12 PM
(WCG Field)
-Becky
**HIIT**
1-1:30 PM
(WCG Field)
-Lea
Total Body Sculpt
12:10-12 PM
(GYM 149)
-Lea
**Intro to Weight Lifting**
12:10-12 PM
(BH 6)
-Michele

WEDNESDAY
**Boat Camp**
11-11:30 AM
(WCG Field)
-Becky
**AbSolution**
11:30-12 PM
(WCG Field)
-Becky
**Total Body Sculpt**
11:10-12 PM
(GYM 149)
-Lea
Total Body Sculpt
11:10-12 PM
(GYM 149)
-Lea
Iyengar Yoga
12:10-1 PM
(BH 6)
-Lea

THURSDAY
Cardio Craze
11-11:30 AM
(WCG Field)
-Becky
Butts 'n Guts
12:30-1 PM
(GYM 149)
-Lea
Hatha Yoga Flow
12:10-1 PM
(BH 6)
-Lea

FRIDAY
Strength & Conditioning
11-11:30 AM
(GYM 149)
-Lea
Gentle Restorative Flow
12:30-1 PM
(BH 6)
-Peter
Iyengar Yoga
11:00-2 PM
(WCG Field)
-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. 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.

https://www.sfsu.edu/~recsport/