



campus recreation
GROUP X SCHEDULE
SPRING 2012

MONDAY

PiYo®
 12-1pm (GYM 149)
 -Adair

Turbo Kick®
 12-1pm (GYM 100J)
 -Arnel

Aqua Fit
 12-1pm (Pool)
 -Priscilla

Turbo Kick®
 7-8pm (100C)
 -Ashley

TUESDAY

Yoga Fusion
 12-1pm (BH6)
 -Jenny

Guts n' Butts
 12-1pm (Gym 100)
 -Erika

Aqua Fit
 12-1pm (Pool)
 -Valerie

XL Strength Training
 6-7pm (GYM 149)
 -Alex M.

H2O Aerobics
 6-7pm (Pool)
 -Kara

Dance
 7-8 (Gym 100C)
 -Hannah

WEDNESDAY

PiYo
 12-1pm (GYM 149)
 -Adair

Extreme Bootcamp
 12-1pm (GYM 100J)
 -Alex G.

Aqua Fit
 12-1pm (Pool)
 -Alex L.

Candlelight Yoga
 6-7pm (BH6)
 -Meredith

H2O Aerobics
 6-7pm (Pool)
 -Kara

Meditative Flow
 7-8pm (BH6)
 -Jeff

THURSDAY

Yoga Fusion
 12-1pm (BH6)
 -Jenny

Cardio Kickboxing
 12-1pm (Gym 100)
 -Erika

Aqua Fit
 12-1pm (Pool)
 -Alex L.

Candlelight Yoga
 6-7pm (BH6)
 -Meredith

H2O Aerobics
 6-7pm (Pool)
 -Kara

XL Strength Training
 6-7pm (GYM 149)
 -Alex M.

Extreme Bootcamp
 7-8pm (GYM 100C)
 -Alex G.

FRIDAY

WTF: Work the Foam
 12-1pm (GYM 100J)
 -Arnel

Bollywood Dance
 12-1pm (Gym 100C)
 -Sadaf

Aqua Fit
 12-1pm (Pool)
 -Priscilla

STRENGTH & CONDITIONING ROOM
 Monday-Thursday: 12-1pm, 5-9pm
 Friday: 12-5pm
GYM 148

SWIMMING POOL
 Monday-Thursday: 12-8pm
 Friday: 12-5pm
GYM 121

STRENGTH & CONDITIONING ROOM
ORIENTATION CLASS
GYM 148
 Drop-In Class on the first Friday of each month:
 2/3, 3/2, 4/6, 5/4
 12-1pm - Instructor: Alex M.

ALL *Students* must present a current SFSU ID card.
 ALL *Faculty & Staff* must present a current SFSU ID card with a Membership sticker.
 All classes are 50min in length and begin 10min after the scheduled time.
 Yoga Mats are available in the Locker Rooms with an SFSU ID card.
Group X Rooms and Locker Room availability 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



Effective 2/13/12



campus recreation

GROUP X CLASS DESCRIPTIONS SPRING 2012

JUST KEEP SWEATING.

BOLLYWOOD DANCE

Get a taste of India as you learn moves from various regions-from Bollywood film style to bhangra. There's no need to be a dancer and it's also a great cardio workout that gets your arms and hips moving. All levels are welcome.

DANCE

Let loose and shake those hips! In this class you'll work out to a mixture of dance styles and choreography.

EXTREME BOOTCAMP

Efficiently works your entire body, heart & muscles with challenging exercises. Push your body to the next limit and burn calories in the process!

GUTS N' BUTTS

An intense 50 minute workout focusing on the all the trouble zones! Each class offers new surprises while using your own body weight, stabilization exercises, and/or learning new techniques you can use in the weight room.

TURBO KICK®/CARDIO KICKBOX

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

XL STRENGTH TRAINING

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.

TAKE IT TO THE POOL.

AQUA FIT

Burn fat and increase cardio with our high intensity workout program. We offer different skill levels to fulfill your specific cardio needs. This class is designed for those who need that extra push in the pool!

H2O AEROBICS

A low impact, high intensity aerobic workout that allows you to increase flexibility, burn fat and feel great all in the pool!

NEW

WTF: WORK THE FOAM

In this brand new class, we use foam rollers to relieve muscle tension and create healthy blood flow. Mixed in with a little bit of Tai Chi and cardio, it's the perfect way to target every aspect of fitness.

STRENGTH & CONDITIONING ROOM ORIENTATION CLASS

Drop in on the first Friday of each month to learn how to safely and effectively use the cardio and weight equipment.

NAMASTE.

MEDITATIVE FLOW

This yoga class is for everyone and anyone from first time practitioners to advanced yogis. This class invites us to relax, rejuvenate, and experience peace of mind. Through various methods of breath and movement, 'Meditative Flow' promotes balance, flexibility, and strength in the mind and body.

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 abdominals, increased overall core strength, and greater stability.

CANDLELIGHT YOGA

A dynamic yoga flow which links movement with breath. Build strength, flexibility and concentration through a sequence of powerful poses. Includes specific alignment instruction, breathing techniques for stress reduction and modifications for all levels.

YOGA FUSION

Feel the energy of your own true nature in this vibrant journey through the asanas! Yoga Fusion combines the fire of Vinyasa flow and soul of expressive movement with a focus on strength and alignment in the postures, drawing from the elements of YogaFit, Purusha Yoga and PiYo styles.

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