## GROUP X MODIFIED SCHEDULE

### AUGUST 26th—30th, 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 12:10-1pm (BH 6) -Jacalyn</td>
<td>Vinyasa Yoga 12:10-1pm (BH 6) -Jeff</td>
<td>Gentle Hatha Yoga 12:10-1pm (BH 6) -Jacalyn</td>
<td>Vinyasa Yoga 12:10-1pm (BH 6) -Rory</td>
<td>XL Strength Training 12:10-1pm (Gym 149) -Alex</td>
</tr>
<tr>
<td>PiYo® 12:10-1pm (GYM 149) -Adair</td>
<td>Boot Camp 12:10-1pm (Gym 100) -Enka</td>
<td>ZUMBA® 12:10-1pm (GYM 149) -Enka</td>
<td>Boot Camp 12:10-1pm (Gym 100) -Enka</td>
<td>ZUMBA® 11-2pm (Gym 100J) -Becky</td>
</tr>
</tbody>
</table>

### 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 abdominals, increased overall core strength, and greater stability.

**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!

**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.

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

**VINYASA YOGA**
- ZUMBA® classes combine 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.

**BOOT CAMP**
- Simultaneous conditioning and strengthening techniques will help you reach any fitness goal you’ve set for the semester. Expect to get a great workout and begin to feel the results within the first few weeks!

**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.

### Strength & Conditioning Room
- Monday-Thursday 12-1pm
- Monday & Wednesday 7-9pm/Tuesday & Thursday 5-9pm
- Friday 12-5pm
- Gym 148

### 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 08/26/13  www.sfsu.edu/~recsport