Classes surrounded by **asterisks** are Xpress classes, and take up only 30 minutes in your day.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Turbo Kick</strong></td>
<td><strong>Total Body Sculpt</strong></td>
<td><strong>Butts n Guts</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>TurboKick</strong></td>
</tr>
<tr>
<td>12:10-1pm</td>
<td>12:10 – 1 pm</td>
<td>12-12:30pm</td>
<td>12:10-1pm</td>
<td>12:10-1pm</td>
</tr>
<tr>
<td>Gym Inner Courtyard</td>
<td>Gym 149</td>
<td>Gym 148 Courtyard</td>
<td>Gym 147</td>
<td>Gym 100</td>
</tr>
<tr>
<td>Laura</td>
<td>Lea</td>
<td>Lea</td>
<td>Erika</td>
<td>Laura</td>
</tr>
</tbody>
</table>

- **Turbo Kick**
  - 12:10-1pm
  - Gym Inner Courtyard
  - Laura

- **PiYo**
  - 1:10-2pm
  - Gym 149
  - Adair

- **Circuit Training**
  - 1:10-2 pm
  - Gym 148 Courtyard
  - Mo

- **Gentle Restorative Flow**
  - 12:10-1pm
  - Gym 147
  - Adair

- **Power Yoga Flow**
  - 12:10-1pm
  - Gym 149
  - Jeff

- **AbSolution**
  - 1:10-1:40pm
  - Gym 149
  - Lea

- **Hatha Yoga Flow**
  - 1:10-2pm
  - Gym 149
  - Peter

- **Boot Camp**
  - 1:10-2pm
  - Gym 147
  - Erika

- **PiYo**
  - 1:10-2pm
  - Gym 147
  - Adair

- **Gentle Restorative Flow**
  - 6:10-7pm
  - Burk Hall 6
  - Adair

- **Cardio Sculpt**
  - 7:10-8pm
  - Gym 149
  - Lea

- **Iyengar Yoga**
  - 6:10-7pm
  - Burk Hall 6
  - Michele

These classes are at no additional cost and open to all SF Students, and SF State Faculty & Staff who have purchased General Campus Recreation membership. All participants must present SF State ID card, with sticker(s) to the instructor and must have a signed Campus Recreation waiver on file with us before participating. For more information, including class descriptions, please visit [https://www.sfsu.edu/~recsport/](https://www.sfsu.edu/~recsport/)
# Group X Class Descriptions

## Fall, 2014

<table>
<thead>
<tr>
<th><strong>Be Fit!</strong></th>
<th><strong>Be Focused!</strong></th>
<th><strong>Have Fun!</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>'Xpress Class': Absolution</strong></td>
<td><strong>Vinyasa Yoga</strong></td>
<td><strong>Cardio Sculpt</strong></td>
</tr>
<tr>
<td>30-minute core workout, focusing on strengthening exercises for all areas of the abdominals, obliques and lower back.</td>
<td>This dynamic flow class infuses traditional flow with breathing techniques to enlighten the body, mind, and soul.</td>
<td>Moderate-to-high intensity aerobics class focusing on the cardiovascular system and full-body functional muscle strength.</td>
</tr>
<tr>
<td><strong>'Xpress Class': Butts 'n Guts</strong></td>
<td><strong>Circuit Training</strong></td>
<td><strong>PiYo®</strong></td>
</tr>
<tr>
<td>A strength and toning class targeting the lower body and abdominals.</td>
<td>An intense, fast-paced class utilizing drills and stations that include bodyweight exercises, cardio, equipment, and calisthenics. Challenge yourself and reach a new level of fitness in this calorie-torching, effective workout!</td>
<td>A unique fusion of yoga and Pilates designed to help you build strength &amp; gain flexibility.</td>
</tr>
<tr>
<td><strong>ZUMBA®</strong></td>
<td><strong>Power Yoga Flow</strong></td>
<td><strong>Hatha Yoga Flow</strong></td>
</tr>
<tr>
<td>ZUMBA® is an easy-to-follow, Latin inspired fitness class set to high-energy beats. Come join the dance fitness party!</td>
<td>Get the restorative benefits of yoga plus an extra fitness boost with this faster-paced spin on Ashtanga Vinyasa yoga. You’ll work up a sweat while centering your mind and improving strength and flexibility!</td>
<td>Enjoy the internal and integrative experience of yoga whether you are new or have a physical limitation. This class is a safe, friendly option for all levels.</td>
</tr>
<tr>
<td><strong>Boot Camp</strong></td>
<td><strong>Turbo Kick®</strong></td>
<td><strong>Gentle Restorative Flow</strong></td>
</tr>
<tr>
<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! Also try our 30 minute ‘Xpress Class’ version!</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 addictive workout!</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>
</tr>
</tbody>
</table>

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For class descriptions, go to [https://www.sfsu.edu/~recsport/](https://www.sfsu.edu/~recsport/)