

GROUP FITNESS

Fall 2021 MON, AUG 23 - FRI, DEC 10

NO CLASSES:
Sep 6, Nov 11
Nov 24-28






































Schedule subject to change.

arc.sdsu.edu/groupfitness
619.594.0204

 @aztecrcfitness



Classes with **HIGHLIGHT** are virtual classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:15 AM TOTAL STRENGTH ARC Fitness Zone - Sara M. 	6:30 - 7:15 AM CYCLING ARC Fitness Zone - Jo-Ann H. 		6:30 - 7:15 AM CYCLE CORE ARC Fitness Zone - Sofia P. 	
7:30 - 8:15 AM CYCLING ARC Fitness Zone - Bethany M. 		7:30 - 8:15 AM OUTDOOR BOOT CAMP Recreation Field - Cole D. 		7:30 - 8:15 AM UPPER BODY EXPRESS ARC Fitness Zone - Natalie Q. 
	8:30 - 9:15 AM POWER YOGA Pride Suite - Sofia P. 		8:30 - 9:00 AM AZTEC ABS ARC Fitness Zone - Natalie Q. 	
12:00 - 12:45 PM VINYASA YOGA Aquaplex - Vie G. 		12:00 - 12:45 PM BARRE BLAST ARC Fitness Zone - Lisa L. 		12:00 - 12:45 PM CYCLING ARC Fitness Zone - Lisa L. 
	12:00 - 12:50 PM DEEP STRETCH YOGA Virtual Class - Chris C. 		12:00 - 12:50 PM GENTLE YOGA Virtual Class - Katherine S. 	12:00 - 12:50 PM VINYASA YOGA Virtual Class - Vie G. 
12:15 - 12:45 PM TRX BOOT CAMP ARC Express - Cole D. 	12:15 - 12:45 PM TRX BOOT CAMP ARC Express - Grace G. 			
		1:00 - 1:45 PM DEEP STRETCH YOGA Aquaplex - Vie G. 	1:00 - 1:45 PM POWER YOGA Aquaplex - Daniel D. 	1:00 - 1:30 PM HIIT 30 ARC Fitness Zone - Alex M./Cali T. 
4:00 - 4:45 PM YOGA SCULPT Recreation Field - Keith V. 			4:00 - 4:30 PM CIRCUIT CHALLENGE ARC Fitness Zone - Cole D. 	
	4:30 - 5:00 PM AZTEC ABS ARC Fitness Zone - Natalie Q. 	4:30 - 5:15 PM CYCLING ARC Fitness Zone - Bob M. 		
		5:00 - 5:45 PM AZTECFIT Performance Center - Antonio B. 		5:00 - 5:45 PM FITNESS FRIDAY New classes each week 
5:30 - 6:15 PM LOWER BODY EXPRESS ARC Fitness Zone - Alex M. 	5:30 - 6:15 PM BARRE BLAST ARC Fitness Zone - Natalie Q. 		5:30 - 6:15 PM CYCLING ARC Fitness Zone - Bethany M. 	
6:00 - 6:50 PM DEEP STRETCH YOGA Virtual Class - Cindy R. 	6:00 - 6:50 PM HATHA VINYASA YOGA Virtual Class - Daniel D. 	6:00 - 6:30 PM HIIT 30 Virtual Class - Sara M. 		
6:30 - 7:15 PM CARDIO DANCE ARC Fitness Zone - Megan H. 	6:30 - 7:15 PM CYCLE CORE ARC Fitness Zone - Nikki W. 	6:30 - 7:15 PM CYCLE CORE ARC Fitness Zone - Cindy S. 	6:30 - 7:15 PM YOGA SCULPT ARC Fitness Zone - Megan H. 	
			7:00 - 7:45 PM CANDLELIT HATHA YOGA Templo Mayor - Amber L. 	
SATURDAY	SUNDAY			
10:15 - 11:00 AM CYCLE CORE ARC Fitness Zone - Bethany M. 	10:15 - 11:00 AM HATHA VINYASA YOGA Aquaplex - Daniel D. 