

GROUP FITNESS

Fall 2018 MON, AUG 27 – FRI, DEC 14

NO CLASSES:
Sept 3, Nov 12,
Nov 21-25

Schedule subject to change.

arc.sdsu.edu/groupfitness
619.594.0204



A.S. programs are accessible to individuals with disabilities. Minimum 10 business-day advanced notice required. For information call 619-594-5278.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Circuit Challenge Group Exercise Camille T.	Cycling Multi-Purpose JoAnn H.	Circuit Challenge Group Exercise Erica M.	Cycling Multi-Purpose JoAnn H.	Circuit Challenge Group Exercise Sara M.
7:30 AM			Pilates Sculpt Group Exercise Erica M.		Total Strength Group Exercise Camille T.
9:00 AM		Aztecfit Performance Center Brandon H.		Cycle Core Multi-Purpose Katherine P.	
12:00 PM	Cycling Multi-Purpose Theresa P.	Deep Stretch Yoga Group Exercise Lauren M.		Gentle Yoga Group Exercise Katherine S.	Cycling Multi-Purpose Cali T.
	Pilates Sculpt Group Exercise Flo P.	Strength Training for Women Performance Center Theresa P.	Vinyasa Yoga Group Exercise Megan H.	Aztecfit Performance Center Antonio B.	Calorie Killer Group Exercise Antonio B.
12:15 PM	TRX Boot Camp (30 min) ARC Express Brittney C.	TRX Boot Camp (30 min) ARC Express Brandon H.	TRX Boot Camp (30 min) ARC Express Antonio B.		
1:00 PM	Aztec Abs (30 min) Group Exercise Sofia P.	Mindful Meditation (30 min) Group Exercise Lauren M.	Aztec Abs (30 min) Group Exercise Sofia P.		Hatha Vinyasa Yoga (75 min) Group Exercise Daniel D.
4:30 PM	Barre Blast Group Exercise Cameron V.	Yoga Sculpt Group Exercise Keith V.	Barre Blast Group Exercise Lisa L.	Circuit Challenge Group Exercise Mariah L.	
			Outdoor Boot Camp Rec Field Antonio B.		
5:00 PM	Cycling Multi-Purpose Grace G.	Cycling Multi-Purpose Michelle L.	Cycling Multi-Purpose Cameron V.	Cycle Core Multi-Purpose Lisa L.	Fitness Friday Check the website for details arc.sdsu.edu/groupfitness
5:30 PM	Power Yoga Group Exercise Daniel D.	Calorie Killer Group Exercise Grace G.	Power Yoga Group Exercise Chris C.		
6:00 PM	Boxing Boot Camp Performance Center Sara M.			Deep Stretch Yoga Group Exercise Alexa D.	
6:30 PM		Power Yoga Group Exercise Cindy F.			
7:00 PM	Cycle Core Multi-Purpose Nikki W.		Cardio Kickboxing Group Exercise Nikki W.		
8:00 PM		Candlelit Hatha Yoga (75 min) Group Exercise Chris C.	Yoga Sculpt Group Exercise Keith V.		
Saturday		Sunday			
10:00 AM	Cycling Multi-Purpose Rotating Instructors	Circuit Challenge Group Exercise Kelly S.			
11:00 AM	Power Yoga Group Exercise Cindy F.	Vinyasa Yoga (75 min) Group Exercise Daniel D.			