

GROUP FITNESS

Fall 2019 MON, AUG 26 – FRI, DEC 6

NO CLASSES:
Sept 2, Nov 11,
Nov 27-Dec 1

Classes are 50 minutes
unless otherwise noted.
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 Fitness Studio Sara M. 	Cycling Multi-Purpose Jo-Ann H. 	Circuit Challenge Group Fitness Studio Brandon R. 	Cycling Multi-Purpose Jo-Ann H. 	Total Strength Group Fitness Studio Erica M.
7:30 AM	Total Strength Group Fitness Studio Sara M. 				Pilates Sculpt Group Fitness Studio Erica M.
8:30 AM	Vinyasa Yoga* Pride Suite Daniel D. 				
12:00 PM	Cycle Core Multi-Purpose Cameron V. 	Vinyasa Yoga Group Fitness Studio Cindy F. 	Gentle Yoga Group Fitness Studio Katherine S. 	Barre Blast Group Fitness Studio Megan H. 	Calorie Killer Group Fitness Studio Grace G.
	Pilates Sculpt Group Fitness Studio Flo P. 	Aztecfit Performance Center Antonio B. 	Strength Training for Women Performance Center Cali T. 		
12:15 PM	TRX Boot Camp (30 min) ARC Express Brittney C. 	TRX Boot Camp (30 min) ARC Express Grace G. 	TRX Boot Camp (30 min) ARC Express Antonio B. 		
1:00 PM		Aztec Abs (30 min) Group Fitness Studio Cindy F. 	Mindful Meditation (30 min) Group Fitness Studio Katherine S. 	Women's Conditioning 101(30 min) Mat Room Megan H. 	Hatha Vinyasa Yoga (75 min) Group Fitness Studio Daniel D.
4:30 PM	Power Yoga Group Fitness Studio Sofia P. 	Yoga Sculpt Group Fitness Studio Megan H. 	Calorie Killer Group Fitness Studio Olivia K. 	Cycling Multi-Purpose Bob M. 	
5:00 PM					Fitness Friday Unique Classes Every Week arc.sdsu.edu/groupfitness
5:30 PM	Cycling Multi-Purpose Theresa P. 	Cardio Dance Group Fitness Studio Kash H. 	Cycling Multi-Purpose Michelle L. 		
6:00 PM	Barre Blast Group Fitness Studio Cameron V. 		Outdoor Boot Camp Rec Field Vanessa L. 	Barre Blast Group Fitness Studio Nikki W. 	
7:00 PM	Vinyasa Yoga Group Fitness Studio Chris C. 	Cardio Kickboxing Group Fitness Studio Vanessa L. 	Cycle Core Multi-Purpose Nikki W. 	Cycle Core Multi-Purpose Nikki W. 	
				Deep Stretch Yoga* Templo Mayor Sofia P. 	
8:00 PM		Candlelit Hatha Yoga (75 min) Group Fitness Studio Chris C. 	Yoga Sculpt Group Fitness Studio Keith V. 		
Saturday		Sunday			
10:00 AM	Cycling Multi-Purpose Bethany M. 	Barre Blast Group Fitness Studio Kelly S. 			
11:00 AM	Deep Stretch Yoga Group Fitness Studio Bethany M. 	Hatha Vinyasa Yoga (75 min) Group Fitness Studio Daniel D. 			

* Class is located in the Aztec Student Union. Pick up a class pass from ARC Express for entry.