

GROUP FITNESS

Winter 2022-23 Mon, Dec 19th - Fri, Jan 13th

NO CLASSES:
Dec 24 - 25
Dec 31 - Jan 1
Jan 3 - 4
























Reserve on the
Aztec Recreation app or
Aztec Recreation portal.
Schedule subject to change.

arc.sdsu.edu/groupfitness
619.594.0204

@aztecrecfitness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30* - 7:30 AM Deep Stretch Yoga Yoga Studio Jenny M. 	6:30* - 7:15 AM Total Strength Group Fitness Studio Jo-Ann H. 	6:30* - 7:15 AM Cycling Cycle Studio Jo-Ann H. 	6:30* - 7:30 AM Hatha Vinyasa Yoga Yoga Studio Jenny M. 	
12:00 - 12:45 PM Boxing Fitness Mat Studio Heidi W. 	12:00 - 12:45 PM Cardio Kickboxing Group Fitness Studio Lisa Y. 	12:00 - 12:50 PM Pilates Sculpt Multipurpose Studio Lisa L. 	12:00 - 12:45 PM Cardio Kickboxing Group Fitness Studio Lisa Y. 	12:00 - 12:45 PM Boxing Fitness Mat Studio Heidi W. 
12:00 - 1:00 PM Power Yoga Yoga Studio Lisa Y. 	12:00 - 1:00 PM Deep Stretch Yoga Yoga Studio Jenny M. 	12:00 - 12:45 PM Cycling Cycle Studio Bethany M. 	12:00 - 1:00 PM Deep Stretch Yoga Yoga Studio Bethany M. 	12:00 - 12:45 PM TRX Boot Camp Group Fitness Studio Sammi M. 
5:30 - 6:20 PM Cycle Core Cycle Studio Nikki W. 	5:30 - 6:20 PM Cycle Core Cycle Studio Nikki W. 	5:30 - 6:30 PM Hatha Vinyasa Yoga Yoga Studio Amber L. 	5:30 - 6:15 PM Cycling Cycle Studio Bob M. 	
5:30 - 6:30 PM Vinyasa Yoga Yoga Studio Lucy G. 	5:30 - 6:15 PM Lower Body Express Group Fitness Studio Sammi M. 	5:30 - 6:15 PM Barre Blast Multipurpose Studio Nikki W. 		

*6:30am classes will start at 8:30am the week of Dec 26th.