

GROUP FITNESS

Spring 2019 TUE, JAN 22 – FRI, MAY 10

**NO CLASSES:
Spring Break
(Mar 30–Apr 7)**

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 Chrissy M.	Cycling Multi-Purpose Jo-Ann H.	Circuit Challenge Group Fitness Studio Jo-Ann H.	Cycling Multi-Purpose Jo-Ann H.	Total Strength Group Fitness Studio Erica M.
7:30 AM	Total Strength Group Fitness Studio Camille T.		Total Strength Group Fitness Studio Olivia K.		Pilates Sculpt Group Fitness Studio Erica M.
12:00 PM	Cycling Multi-Purpose Katherine P.		Cycle Core Multi-Purpose Grace G.		Cycling Multi-Purpose Theresa P.
	Pilates Sculpt Group Fitness Studio Annalise T.	Barre Blast Group Fitness Studio Megan H.	Gentle Yoga Group Fitness Studio Katherine S.	Power Yoga Group Fitness Studio Megan H.	Calorie Killer Group Fitness Studio Carmen S.
	Aztecfit Performance Center Carmen S.	Strength Training for Women Performance Center Brittney C.		Aztecfit Performance Center Antonio B.	
12:15 PM	TRX Boot Camp (30 min) ARC Express Brandon R.	TRX Boot Camp (30 min) ARC Express Antonio B.	TRX Boot Camp (30 min) ARC Express Antonio B.	Women's Conditioning 101 (30 min) Mat Room Olivia K.	
1:00 PM	Aztec Abs (30 min) Group Fitness Studio Katherine P.		Mindful Meditation (30 min) Group Fitness Studio Katherine S.		Hatha Vinyasa Yoga (75 min) Group Fitness Studio Daniel D.
4:00 PM	Barre Blast Group Fitness Studio Lisa L.	Yoga Sculpt Group Fitness Studio Keith V.	Calorie Killer Group Fitness Studio Cali T.	Yoga Sculpt Group Fitness Studio Megan H.	
			Outdoor Boot Camp Recreation Field Jake B.		
5:00 PM	Cycling Multi-Purpose Megan G.	Cycling Multi-Purpose Michelle L.	Cycling Multi-Purpose Cindy S.	Cycling Multi-Purpose Bob M.	Fitness Friday Unique Classes Every Week arc.sdsu.edu/groupfitness
	Cardio Dance Group Fitness Studio Kashmone H.	Barre Blast Group Fitness Studio Lisa L.	Total Strength Group Fitness Studio Carmen S.	Vinyasa Yoga Group Fitness Studio Sofia P.	
6:00 PM	Deep Stretch Yoga Group Fitness Studio Chris C.	Power Yoga Group Fitness Studio Daniel D.	Hatha Vinyasa Yoga Group Fitness Studio Cindy F.	Cardio Kickboxing Group Fitness Studio Sara M.	
7:00 PM	Cycle Core Multi-Purpose Nikki W.	Circuit Challenge Group Fitness Studio Sara M.	Cardio Kickboxing Group Fitness Studio Nikki W.	Deep Stretch Yoga Group Fitness Studio Alexa D.	
8:00 PM		Candlelit Hatha Yoga (75 min) Group Fitness Studio Chris C.	Yoga Sculpt Group Fitness Studio Keith V.		
Saturday					
9:00 AM	Cycling Multi-Purpose Bethany M.				
10:00 AM	Circuit Challenge Group Fitness Studio Carmen S.	Barre Blast Group Fitness Studio Kelly S.			
11:00 AM	Power Yoga Group Fitness Studio Cindy F.	Vinyasa Yoga (75 min) Group Fitness Studio Daniel D.			