

GROUP FITNESS

Spring 2022 Mon, Apr 4th - Fri, May 13th

CHECK OUT CLASSES IN THE ARC EXPANSION

Classes with **HIGHLIGHT** are virtual classes.

Reserve on the Aztec Rec app or Zoom for virtual classes.

Schedule subject to change.

@aztecrecfitness
619.594.0204

arc.sdsu.edu/groupfitness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:20 AM Cycle Core Cycle Studio Bethany M. 	6:30-7:15 AM Cycling Cycle Studio Jo-Ann H. 	6:30-7:20 AM Cycle Core Cycle Studio Bethany M. 	6:30-7:15 AM Total Strength Group Fitness Studio Jo-Ann H. 	8:30-9:00 AM Aztec Abs Group Fitness Studio Natalie Q.
8:30-9:15 AM Total Strength Group Fitness Studio Ai K. 	8:30-9:00 AM Aztec Abs Group Fitness Studio Natalie Q. 	7:30-8:15 AM Outdoor Boot Camp Recreation Field Cole D. 	12:00-1:00 PM Gentle Yoga Virtual Class Katherine S. 	12:00-12:30 PM HIIT 30 Group Fitness Studio Alex M.
12:00-12:45 PM Cycling Cycle Studio Lisa L. 	8:30-9:30 AM Power Yoga Pride Suite Jenny M. 	12:00-12:45 PM Barre Blast Multipurpose Studio Lisa L. 	12:00-12:45 PM Boxing Fitness Mat Studio Antonio R. 	2:00-3:15 PM Hatha Vinyasa Yoga Multipurpose Studio Daniel D.
12:00-1:00 PM Vinyasa Yoga Virtual Class Vie G. 	12:00-1:00 PM Deep Stretch Yoga Yoga Studio Jenny M. 	12:00-1:00 PM Vinyasa Yoga Yoga Studio Emily N. 	12:15-12:45 PM TRX Boot Camp ARC Express Grace G. 	5:00-5:45 PM Fitness Friday New Classes Each Week
12:15-12:45 PM TRX Boot Camp ARC Express Cole D. 	12:15-12:45 PM TRX Boot Camp ARC Express Grace G. 	12:00-12:50 PM Strength Training for Women Performance Center Ai K. 	1:00-2:00 PM Power Yoga Yoga Studio Daniel D. 	WEEKEND
1:00-2:00 PM Power Yoga Multipurpose Studio Lisa Y. 	1:00-1:45 PM Cardio Kickboxing Group Fitness Studio Lisa Y. 	4:00-4:45 PM Barre Blast Multipurpose Studio Natalie Q. 	4:00-4:45 PM Cycling Cycle Studio Bob M. 	
4:00-4:50 PM Yoga Sculpt Group Fitness Studio Keith V. 	4:00-4:45 PM Cycling Cycle Studio Cali T. 	5:00-5:45 PM Boxing Fitness Mat Studio Antonio R. 	5:30-6:15 PM Lower Body Express Group Fitness Studio Alex M. 	10:00-10:45 AM Cycling Cycle Studio Bethany M.
5:00-5:30 PM Aztec Abs Multipurpose Studio Keith V. 	6:00-6:45 PM Barre Blast Multipurpose Studio Nikki W. 	5:30-6:15 PM Upper Body Express Group Fitness Studio Alex M. 	5:30-6:20 PM Yoga Sculpt Multipurpose Studio Megan H. 	11:00-12:00 PM Deep Stretch Yoga Yoga Studio Bethany M.
5:30-6:20 PM Cycle Core Cycle Studio Cindy S. 	6:00-7:00 PM Hatha Vinyasa Yoga Group Fitness Studio Daniel D. 	6:00-7:00 PM Vinyasa Yoga Virtual Class Sofia P. 	6:00-6:50 PM Cardio Dance ENS 700 Field Kash H. 	SUNDAY
6:00-7:00 PM Heated Restorative Yoga Flow Yoga Studio Megan H. 	7:00-7:50 PM Cycle Core Cycle Studio Nikki W. 	6:30-7:20 PM Cardio Dance Multipurpose Studio David R. 	7:00-7:50 PM Cycle Core Cycle Studio Nikki W. 	
7:30-8:30 PM Heated Power Yoga Flow Yoga Studio Sofia P. 	7:30-8:20 PM Cardio Dance Multipurpose Studio David R. 	6:30-7:20 PM Cycle Core Cycle Studio Natalie Q. 	7:00-8:00 PM Candlelit Hatha Yoga Templo Mayor Amber L. 	11:00-12:15 PM Hatha Vinyasa Yoga Yoga Studio Daniel D.