

GROUP FITNESS – Summer 2018

Monday, May 7 – Friday, August 24



**NO CLASSES:
May 28, July 4, August 18**

GROUP FITNESS PROTOCOL:

- All classes are 50 minutes long unless otherwise specified.
- Classes are drop-in, no advance registration is required.
- It is inappropriate and unsafe to enter a class 10 minutes after the start time, or once the class has filled to capacity.
- Turn off all personal electronic equipment during classes.
- Information subject to change. Please check the website for updates.



aztecrecfitness

arc.sdsu.edu/groupfitness
619.594.0204

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30AM		Cycling Multi-Purpose Jo-Ann H.	Circuit Challenge Group Exercise Jo-Ann H.	Cycling Multi-Purpose Jo-Ann H.	Circuit Challenge Multi-Purpose Sara M.
12:00PM	Cycling Multi-Purpose Theresa P.	Strength Training for Women Performance Center Theresa P.	Cycling Multi-Purpose Grace G.	Aztecfit Performance Center Brandon H.	
		Hatha Vinyasa Yoga Group Exercise Chris C.	Total Strength Group Exercise Mariah L.	Pilates Sculpt Group Exercise Flo P.	Calorie Killer Group Exercise Antonio B.
12:15PM	TRX Boot Camp (30 min) ARC Express Brandon H.		TRX Boot Camp (30 min) ARC Express Julie H.		
4:30PM	Barre Blast Group Exercise Lisa L.		Yoga Sculpt Group Exercise Keith V.		
5:00PM	Cycle Core Multi-Purpose Cali T.	Cycling Multi-Purpose Cali T.		Cycling Multi-Purpose Michelle L.	
		Calorie Killer Group Exercise Grace G.	Outdoor Boot Camp Recreation Field Antonio B.		
5:30PM	Vinyasa Yoga Group Exercise Cindy F.		Cardio Dance Group Exercise Megan H.		
6:00PM		Power Yoga Group Exercise Daniel D.		Deep Stretch Yoga Group Exercise Alexa D.	
	Saturday	Sunday			
10:00AM	Circuit Challenge Group Exercise Kelly S.				
11:00AM		Vinyasa Yoga (75 min) Group Exercise Daniel D.			