

# GROUP FITNESS

**SUMMER SCHEDULE** MON, MAY 13 – FRI, AUG 23

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM		Cycling Multi-Purpose Jo-Ann H. 	Circuit Challenge Group Fitness Studio Sara M. 	Cycling Multi-Purpose Jo-Ann H. 	
12:00 PM	Pilates Sculpt Group Fitness Studio Flo P. 	Calorie Killer Group Fitness Studio Grace G. 	Gentle Yoga Group Fitness Studio Katherine S. 	Barre Blast Group Fitness Studio Cali T. 	Hatha Vinyasa Yoga (75 min) Group Fitness Studio Daniel D. 
		Aztecfit Performance Center Antonio B. 	Cycle Core Multi-Purpose Grace G. 	Aztecfit Performance Center Antonio B. 	Cycle Core Multi-Purpose Antonio B. 
12:15 PM	TRX Boot Camp (30 min) ARC Express Antonio B. 		TRX Boot Camp (30 min) ARC Express Antonio B. 		
5:00 PM	Barre Blast Group Fitness Studio Cameron V. 	Total Strength Group Fitness Studio Carmen S. 	Calorie Killer Group Fitness Studio Chrissy M. 	Circuit Challenge Group Fitness Studio Mariah L. 	
	Cycle Core Multi-Purpose Bethany M. 	Cycling Multi-Purpose Michelle L. 	Outdoor Boot Camp Recreation Field Mariah L. 	Cycling Multi-Purpose Theresa P. 	
6:00 PM	Power Yoga Group Fitness Studio Daniel D. 	Yoga Sculpt Group Fitness Studio Keith V. 	Deep Stretch Yoga Group Fitness Studio Cindy F. 	Cardio Kickboxing Group Fitness Studio Nikki W. 	
Saturday		Sunday			
10:00 AM	Barre Blast Group Fitness Studio Kelly S. 				
11:00 AM		Hatha Vinyasa Yoga (75 min) Group Fitness Studio Daniel D. 			



**NO CLASSES:**  
May 27, Jul 4-7,  
Aug 17

Schedule subject to change.

[arc.sdsu.edu/groupfitness](http://arc.sdsu.edu/groupfitness)  
**619.594.0204**

This program is accessible to individuals with disabilities.  
Minimum 5 business-day advanced notice required.