
































# GROUP FITNESS

Summer 2023 Mon, May 15th - Fri, Aug 18th

NO CLASSES  
MAY 27-29, JUNE 19  
JULY 1-4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:30 AM <b>Deep Stretch Yoga</b> Yoga Studio Jenny M. 	8:00-8:45 AM <b>TRX Boot Camp</b> Group Fitness Studio Jashan G. 	6:30-7:15 AM <b>Cycling</b> Cycle Studio Jo-Ann H. 	6:30-7:15 AM <b>Total Strength</b> Group Fitness Studio Jo-Ann H. 	10:00-10:45 AM <b>Aqua Boot Camp</b> Aquaplex Lala W. 
6:30-7:15 AM <b>Cycling</b> Cycle Studio Cindy S. 	9:00-10:00 AM <b>Vinyasa Yoga</b> Yoga Studio Heather L. 	12:00-12:45 PM <b>Lower Body Express</b> Group Fitness Studio Alex M. 	9:00-10:00 AM <b>Vinyasa Yoga</b> Yoga Studio Heather L. 	12:00-12:45 PM <b>TRX Boot Camp</b> Group Fitness Studio Lala W. 
7:30-8:00 AM <b>Aztec Abs</b> Group Fitness Studio Cindy S. 	12:00-12:45 PM <b>Boxing Fitness</b> Mat Studio Sugar Ray H. 	12:30-1:30 PM <b>Gentle Yoga</b> Virtual Class Katherine S. 	12:00-12:45 PM <b>Boxing Fitness</b> Mat Studio Sugar Ray H. 	12:00-12:45 PM <b>Boxing Fitness</b> Mat Studio Heidi W. 
7:45-8:15 AM <b>Meditation &amp; Breathwork</b> Yoga Studio Jenny M. 	12:00-12:50 PM <b>Pilates Sculpt</b> Multipurpose Studio Lisa L. 	5:00-5:50 PM <b>Heated Yoga Sculpt</b> Yoga Studio Megan H. 	12:00-12:50 PM <b>Pilates Sculpt</b> Multipurpose Studio Lisa L. 	12:00-1:15 PM <b>Hatha Vinyasa Yoga</b> Yoga Studio Jenny M. 
12:00-12:45 PM <b>Upper Body Express</b> Group Fitness Studio Alex M. 	4:00-4:45 PM <b>Boxing Fitness</b> Mat Studio Sugar Ray H. 	5:30-6:15 PM <b>Barre Blast</b> Multipurpose Studio Nikki W. 	6:00-6:50 PM <b>Cycle Core</b> Cycle Studio Nikki W. 	<b>SATURDAY</b>
6:00-6:50 PM <b>Cycle Core</b> Cycle Studio Cali T. 	5:30-6:15 PM <b>Cycling</b> Cycle Studio Dalia C. 	6:30-7:20 PM <b>Cycle Core</b> Cycle Studio Nikki W. 	6:00-7:00 PM <b>Power Yoga</b> Yoga Studio Daniel D. 	
7:00-8:00 PM <b>Heated Restorative Yoga Flow</b> Yoga Studio Megan H. 	6:00-7:00 PM <b>Power Yoga</b> Yoga Studio Daniel D. 			10:00-11:00 AM <b>Vinyasa Yoga</b> Yoga Studio Lucy G. 



Class with **HIGHLIGHT** is a virtual class.

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

 @aztecrecfitness | 619.594.0204 | [arc.sdsu.edu/groupfitness](http://arc.sdsu.edu/groupfitness)

