



















# GROUP FITNESS

WINTER SCHEDULE MON, DEC 9 – FRI, JAN 17

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Circuit Challenge Group Fitness Studio Sara M. 	Cycling Multi-Purpose Jo-Ann H. 	Total Stength Group Fitness Studio Jo-Ann H. 	Cycling Multi-Purpose Cindy S. 	
12:00 PM	Total Strength Group Fitness Studio Cindy S. 	Calorie Killer Group Fitness Studio Antonio B. 	Deep Stretch Yoga Group Fitness Studio Bethany M. 	Pilates Sculpt Group Fitness Studio Flo P. 	Barre Blast Group Fitness Studio Grace G. 
	Cycling Multi-Purpose Grace G. 		Cycle Core Multi-Purpose Cali T. 		Cycle Core Multi-Purpose Bethany M. 
5:00 PM	Yoga Sculpt Group Fitness Studio Keith V. 	Power Yoga Group Fitness Studio Megan H. 	Barre Blast Group Fitness Studio Lisa L. 	Cycling Multi-Purpose Bob M. 	



**NO CLASSES:**  
**Dec 24–Dec 26,**  
**Dec 31, Jan 1**

Schedule subject to change.

[arc.sdsu.edu/groupfitness](http://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.