



















GROUP FITNESS

WINTER SCHEDULE MON, DEC 17 – FRI, JAN 18

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Circuit Challenge Group Fitness Studio Katie T. 	Cycling Multi-Purpose JoAnn H. 		Circuit Challenge Group Fitness Studio JoAnn H. 	Cycling Multi-Purpose Erica M. 
12:00 PM	Pilates Sculpt Group Fitness Studio Flo P. 	Barre Blast Group Fitness Studio Lisa L. 	Total Stength Group Fitness Studio Mariah L. 	Calorie Killer Group Fitness Studio Mariah L. 	Deep Stretch Yoga Group Fitness Studio Lauren M. 
	Cycling Multi-Purpose Cali T. 		Cycle Core Multi-Purpose Antonio B. 		Cycling Multi-Purpose Theresa P. 
5:00 PM	Yoga Sculpt Group Fitness Studio Megan H. 	Vinyasa Yoga Group Fitness Studio Lauren M. 	Circuit Challenge Group Fitness Studio Antonio B. 	Vinyasa Yoga Group Fitness Studio Cindy F. 	



NO CLASSES:
 Dec 24, Dec 25,
 Dec 31, Jan 1

Schedule subject to change.

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.