

GROUP FITNESS - Spring 2018

Tue, Jan 16 - Fri, May 4



NO CLASSES:

Mar 16 - NCAA Tournament
Mar 24 - Apr 1 - Spring Break

All classes are 50 minutes long unless otherwise specified.

GROUP FITNESS PROTOCOL:

- All 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	Circuit Challenge Group Exercise Katie T.	Cycling Multi-Purpose JoAnn H.	Circuit Challenge Group Exercise Erica M.	Cycling Multi-Purpose JoAnn H.	Cycling Multi-Purpose Erica M.
7:30AM			Total Strength Group Exercise Erica M.		Pilates Sculpt Group Exercise Erica M.
12:00PM	Cycling Multi-Purpose Theresa P.	Barre Blast Group Exercise Brittany S.	CycleCore Multi-Purpose Lisa L.	Pilates Sculpt Group Exercise Lisa L.	Cycling Multi-Purpose Megan G.
	Yoga Sculpt Group Exercise Megan H.	Strength Training for Women Performance Center Cali T.	Gentle Yoga Group Exercise Katherine S.	Aztecfit Performance Center Brandon H.	Calorie Killer Group Exercise Grace G.
12:15PM	TRX Boot Camp (30 min) ARC Express Cali T.	TRX Boot Camp (30 min) ARC Express Brandon H.	TRX Boot Camp (30 min) ARC Express Antonio B.		
1:00PM	Aztec Abs (30 min) Group Exercise Annalise T.		Mindful Meditation (30 min) Group Exercise Katherine S.		Hatha Vinyasa Yoga (75 min) Group Exercise Daniel D.
4:00PM	Barre Blast Group Exercise Lisa L.	Yoga Sculpt Group Exercise Keith V.	Calorie Killer Group Exercise Theresa P.	Barre Blast Group Exercise Cameron V.	
5:00PM	Cycling Multi-Purpose Michelle L.	Cycling Multi-Purpose Grace G.	Cycling Multi-Purpose Julie H.	Cycling Multi-Purpose Michelle L.	
	Outdoor Boot Camp Recreation Field Antonio B.	Calorie Killer Group Exercise Julie H.	Aztecfit Performance Center Antonio B.	Cardio Dance Group Exercise Megan H.	
5:30PM	Power Yoga Group Exercise Daniel D.		Power Yoga Group Exercise Chris C.		
6:00PM		Pilates Sculpt Group Exercise Annalise T.		Vinyasa Yoga Group Exercise Alexa D.	
6:30PM	Cardio Dance Group Exercise Kashmone H.	CycleCore Multi-Purpose Camille T.		CycleCore Multi-Purpose Nikki W.	
7:00PM	Cycling Multi-Purpose Cindy S.	Boxing Boot Camp Group Exercise Nikki W.	Cycling Multi-Purpose Cindy S.		
8:00PM		Candlelit Hatha Yoga Group Exercise Chris C.			
	Saturday	Sunday			
10:00AM	Cycling Multi-Purpose Cindy S.	Circuit Challenge Group Exercise Kelly S.			
11:00AM	Pilates Sculpt Group Exercise Lisa D.	(75 min) Vinyasa Yoga Group Exercise Daniel D.			