Experience It.

**Group Fitness - Fall 2015**

**Monday, August 24th - Sunday, December 14th**

- **NO CLASSES:**
  - LABOR DAY: Monday, September 7th
  - AF AA CERTIFICATIONS: Friday, September 18th - Sunday, September 20th (classes in group fitness studio cancelled; Spinning® classes still running)
  - SPINNING CERTIFICATIONS: Saturday, October 10th (classes in Multi-purpose room cancelled; classes in group fitness studio still running)
  - VETERAN'S DAY: Wednesday, November 11th
  - THANKSGIVING BREAK: Thursday, November 26th - Sunday, November 29th (Last class is at 12:00 P.M. on Wednesday, November 25th)

**Group Fitness Etiquette:**
- Weekdays classes scheduled 4:00pm and later, participants must obtain a number.
- It is inappropriate and unsafe to enter a class that has already started.
- Turn off cell and mobile devices during class.

All information subject to change. Check website for updates.
Group Fitness classes are designed to provide a fun, safe, and challenging workout for all fitness levels and abilities. Classes on this schedule are included in membership.

**Group Fitness Etiquette:**
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- It is inappropriate and unsafe to enter a class that has already started.
- Turn off cell and mobile devices during class.

- **arc.sdsu.edu/groupfitness**
- **619.594.0204**

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>6:30 A.M.</td>
<td>Spinning® (50 minutes) Katie T.</td>
<td>Spinning® (50 minutes) Jo-Ann H.</td>
<td>Spinning® (50 minutes) Erica M.</td>
<td>Spinning® (50 minutes) Jo-Ann H.</td>
<td>Spinning® (50 minutes) Erica M.</td>
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<td>7:00 A.M.</td>
<td>Cardio Intervals (50 minutes) Sofie B.</td>
<td>Power Yoga (50 minutes) Sabine E.</td>
<td>Total Body Challenge (50 minutes) Erica M.</td>
<td>Vinyasa Yoga (50 minutes) Alexa D.</td>
<td>Pilates Sculpt (50 minutes) Erica M.</td>
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<td>6:30 A.M.</td>
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<td>10:00 A.M.</td>
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<td>7:00 A.M.</td>
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**Weekends**

**Saturday**
- 11:00 A.M. Vinyasa Yoga (50 minutes) Sabine E.
- 12:00 P.M. Spinning® (50 minutes) Theresa P.

**Sunday**
- 10:00 A.M. Cardio Dance (50 minutes) Brandon I.
- 11:00 A.M. Vinyasa Yoga (75 minutes) Daniel D.