

## GROUP FITNESS - Fall 2017

Mon, Aug 28th - Fri, Dec 15th



### NO CLASSES:

Labor Day  
Mon 9/4

Veteran's Day  
Fri 11/10

Thanksgiving Break  
Wed 11/22 - Sun 11/26

All classes are 50 minutes long unless otherwise specified.

For safety reasons, entry 10 minutes past class start time or when class has reached capacity is not permitted. Early arrival is recommended.

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.



aztecfitness

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

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 A.M.	Circuit Challenge Group Exercise Katie T.		Circuit Challenge Group Exercise Erica M.		
		Spinning® Multi-Purpose Megan G.		Spinning® Multi-Purpose Cindy S.	Spinning® Multi-Purpose Erica M.
7:30 A.M.		Learn to OLYft Performance Center Antonio B.	Total Strength Group Exercise Erica M.		Pilates Sculpt Group Exercise Erica M.
12:00 P.M.	Pilates Sculpt Group Exercise Flo P.	Vinyasa Flow Yoga Group Exercise Anika S.	Calorie Killer Group Exercise Noora C.	Deep Stretch Yoga Group Exercise Alexa D.	Calorie Killer Group Exercise Cameron V.
	Spinning® Multi-Purpose Theresa P.	Strength Training for Women Performance Center Cali T.	Spinning® Multi-Purpose Jessica A.	Aztecfit Performance Center Lauren V.	CycleCore Multi-Purpose Lisa L.
12:15 P.M.	TRX Bootcamp (30 min) ARC Express Cali T.		TRX Bootcamp (30 min) ARC Express Antonio B.		
1:00 P.M.		TRX Bootcamp (30 min) ARC Express Cameron V.		TRX Bootcamp (30 min) ARC Express Theresa P.	
	Aztec Abs (30 min) Group Exercise Anika S.	Mindful Meditation (30 min) Group Exercise Anika S.		Aztec Abs (30 min) Group Exercise Mariah L.	Hatha Vinyasa Yoga (75 minutes) Group Exercise Daniel D.
4:00 P.M.	Yoga Sculpt Group Exercise Keith V.	Hatha Vinyasa Yoga Group Exercise Megan H.	Barre Blast Group Exercise Lisa L./Cameron V.	Gentle Yoga Group Exercise Katherine S.	
	Outdoor Boot Camp Recreation Field Antonio B.	CycleCore Multi-Purpose John N.	Aztecfit Performance Center Antonio B.	Spinning® Multi-Purpose Megan G.	
5:00 P.M.	Barre Blast Group Exercise Lisa L.	Cardio Dance Group Exercise Megan H.	Tai Chi Group Exercise Marcellus W.	Cardio Dance Group Exercise Kashmone H.	
	Spinning® Multi-Purpose Cali T.		Spinning® Multi-Purpose Camille T.	Faculty/Staff Total Strength Performance Center Katie T.	
6:00 P.M.	Power Yoga Group Exercise Daniel D.	Total Strength Group Exercise Camille T.	Circuit Challenge Group Exercise Mariah L.	Vinyasa Yoga Group Exercise Chris C.	
		Spinning® Multi-Purpose Julie H.		CycleCore Multi-Purpose Ariella G.	
7:00 P.M.	Spinning® Multi-Purpose Michelle L.		Spinning® Multi-Purpose Nikki W.	Boxing Boot Camp Multi-Purpose Noora C.	
		Cardio Kickboxing Group Exercise Nikki W.			
8:00 P.M.		Candlelit Hatha Yoga Group Exercise Daniel D.			
<b>Weekends</b>					
<b>SATURDAY</b>		9:00 A.M. Total Strength Group Exercise Kelly S.	10:00 A.M. POUND® (30 min) Group Exercise Kelly S.		
<b>SUNDAY</b>	10:00 A.M. Cardio Dance Group Exercise Joe C.	11:00 A.M. Hatha Vinyasa Yoga (75 minutes) Group Exercise Daniel D.			