# SPRING 2015 SCHEDULE

## Weight Room Hours

<table>
<thead>
<tr>
<th></th>
<th>Monday - Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>12pm – 1pm</td>
<td></td>
<td>12pm – 2pm</td>
<td>7pm – 9pm</td>
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<tr>
<td>4pm – 9pm</td>
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## Pool Hours

<table>
<thead>
<tr>
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<th>Monday/Wednesday</th>
<th>Tuesday/Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>12pm – 7pm</td>
<td>12pm – 6pm</td>
<td>12pm – 3pm</td>
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</tbody>
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## Classes

- **MONDAY**
  - **Turbo Kick**
    - 12:10-1pm
    - Gym Inner Courtyard
    - Laura
  - **PiYo**
    - 1:10-2 pm
    - Gym 149
    - Adair
  - **PiYo**
    - 1:10-2pm
    - Gym 147
    - Adair

- **TUESDAY**
  - **FlexAgility**
    - 12:10-1pm
    - Gym 149
    - Lea
  - ****AbSolution****
    - 1:10-1:40pm
    - Gym 149
    - Lea

- **WEDNESDAY**
  - **Turbo Kick**
    - 12:10-1pm
    - Gym Inner Courtyard
    - Laura
  - **Power Yoga**
    - 1:10-2pm
    - Gym 149
    - Ella
  - **PiYo**
    - 1:10-2pm
    - Gym 147
    - Adair

- **THURSDAY**
  - **Butts n’ Guts**
    - 12:10-1pm
    - Gym 147
    - Laura
  - **Vinyasa Yoga**
    - 12:10-1pm
    - Gym 149
    - Zaq
  - ****AbSolution****
    - 1:10-1:40pm
    - Gym 149
    - Lea

- **FRIDAY**
  - **Total Body Strength**
    - 12:10-1pm
    - Gym 147
    - Laura
  - **Cardio Boot Camp**
    - 12:10-1pm
    - Track
    - Erika
  - **Zumba**
    - 1:10-2pm
    - Gym Inner Courtyard
    - Erika

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These classes are at no additional cost and open to all SF Students, and SF State Faculty & Staff who have purchased General Campus Recreation membership. All participants must present SF State ID card, with sticker(s) to the instructor and must have a signed Campus Recreation waiver on file with us before participating. 30 minute Xpress Classes are surrounded by **asterisks**. For more information, including class descriptions, please visit https://www.sfsu.edu/~recsport/