

Summer

SUMMER 2024

GROUP FITNESS SCHEDULE

Monday

9:00AM - 10:00AM

HIIT

Ellen

Studio 207

Tuesday

1:00PM - 2:00PM

Hatha Yoga

Michele

Studio 207

Wednesday

9:00AM - 10:00AM

Cycle & Core

Ellen

Studio 122

Thursday

9:00AM - 10:00AM

Pilates

Emily

Studio 207

Friday

2:00PM - 3:00PM

BollyX

Linden

Studio 122

MWC Hours of Operation:

Mon - Fri
7AM - 7PM

Sat & Sun
9AM - 5PM

2:00PM - 3:00PM

Pilates

Michele

Studio 207

6:00PM - 6:45PM

Les Mills Core

Teresa

Studio 207

10:00AM - 11:00AM

BARRE

Emily

Studio 207



REGISTER TODAY!

For more information:
Scan the QR Code or
visit campusrec.sfsu.edu/GroupFitness

Fitness Classes are free to SF State Students and are on a first come-first served basis.

Campus Recreation welcomes persons with disabilities and will provide reasonable accommodations upon request. If you would like reasonable accommodations for this event, please contact the Accessibility & Inclusion in Recreation team at inclusiverec@sfsu.edu at least 15 working days before event.

