

GROUP FITNESS SCHEDULE

Sept 11 - Sept 30

	Monday	Tuesday	Wednesday	Thursday	Sunday
630am		Cycle w/ Valerie		Cycle w/ Valerie	
4pm	HIIT w/ Valerie		HIIT w/ Valerie		
5pm	Dance Fitness w/ Kristine	Step n' Strength w/ Kristine		Step n' Strength w/ Kristine	*Yoga* w/ Gloria
530pm	*30/30* w/ Molly				
6pm		Dance Fitness w/ Kristine		Dance Fitness w/ Kristine	
6pm		Spin w/ Carlee		Spin w/ Carlee	
715pm	*Yoga* w/ Gloria	Pilates w/ Marisa	Pilates w/ Marisa	Pilates w/ Marisa	

Class descriptions available at the front desk.

NEW CLASSES

30/30: 30 minutes cycling, 30 minutes strength training #

Yoga: Vinyasa style class involving body flow poses and breath #

No pre-registration or experience required. Bring water and a towel and get in a great workout! Schedule may change without notice. Follow on IG for updates.



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