



FIT PLUS

Fall 2020 *Sep. 3rd - Dec. 22nd*

Stay Fit and Well Virtually with the SF State Fit Plus Community

- Access our programs virtually through our iLearn Page

Live Stream Classes

- Monday – **Flex & Stretch @ 11:30 am / Break A Sweat @ 12 pm / Boot Camp @ 5 pm (\$)**
- Tuesday – **Butts, Guts & Arms @ 12 pm**
- Wednesday – **Yoga Fit @ 12 pm / Boot Camp @ 5 pm (\$)**
- Thursday – **Butts, Guts & Arms @ 12 pm**
- Friday – **Flex & Stretch @ 11:30 am / Break A Sweat @ 12 pm / Postural Reset @ 3 pm**

On Demand Fitness & Wellness Resource

- Video Tutorials - Core Yoga, Pilates, Chisel, Conditioning for Swimmers
- Complimentary Fitness Coaching Consulting
- Virtual Personal Training (\$)
- And Many More

To register or for more info: <https://kin.sfsu.edu/fitplus> Email: jap@sfsu.edu

****schedule subject to change / all sales are final***

