



# REC + WELLNESS

## Fall 2024 Fitness & Wellness Programs

Dates: 8/26/24–12/6/24 • Updated 9/13/24  
For class descriptions, please visit [csun.edu/src/classes](https://csun.edu/src/classes)



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Registration is simple and can be done through the **USU Rec & Wellness Portal** or at the **SRC Total Training Zone desk** as early as 5 days in advance. Scan the QR code to learn more and to see the latest available classes!

Contact us with questions at [src.mindbody@csun.edu](mailto:src.mindbody@csun.edu)

### MONDAY

Start Time	Class	Location	Duration
11 a.m.	Cardio Flow with Lisa	Motivation Studio	55 min.
Noon	Box & Flex with David 	Determination Studio	55 min.
12:30 p.m.	Yoga Arms and More with Ayana	Motivation Studio	55 min.
1 p.m.	Spin® & Flex with Claire	Inspiration Studio	55 min.
2:15 p.m.	Pilates Core Fusion with Claire	Motivation Studio	55 min.
5:30 p.m.	Spin & Flex with Cheryl	Inspiration Studio	55 min.
5:30 p.m.	WERQ™ with Jasslean	Motivation Studio	55 min.
6 p.m.	Functional Circuit Training with Natalie	Top Level Training Zone	55 min.

 Hand wraps are required to participate

 Express Class

### TUESDAY

Start Time	Class	Location	Duration
11 a.m.	Matador Cycle with Claire	Inspiration Studio	45 min. 
Noon	Pilates Core Fusion with Claire	Motivation Studio	55 min.
12:30 p.m.	TREAD & Flex with Cheryl	Bryan Green Matdor Training Zone	55 min.
1:30 p.m.	Vinyasa Flow with Michelle	Motivation Studio	55 min.
5:30 p.m.	Spin®, Flex & Stretch with Lisa	Inspiration Studio	55 min.
6 p.m.	Functional Circuit Training with Natalie	Top Level Training Zone	55 min.
7 p.m.	Afro-Caribbean Heat with Jordyn	Motivation Studio	55 min.

### WEDNESDAY

Start Time	Class	Location	Duration
8:30 a.m.	Spin® & Flex with Cheryl	Inspiration Studio	55 min.
11 a.m.	TRX® Circuit Training with Claire	Determination Studio	55 min.
Noon	Spin®, Flex & Stretch with Lisa	Inspiration Studio	55 min.
1 p.m.	WERQ™ with Jasslean	Motivation Studio	55 min.
1 p.m.	TREAD & Flex with Alfredo	Bryan Green Matdor Training Zone	55 min.
1:30 p.m.	Gentle Yoga with Ayana	Inspiration Studio	55 min.

## WEDNESDAY

Start Time	Class	Location	Duration
4 p.m.	Barre Fit with Deanna	Motivation Studio	55 min.
5:15 p.m.	Mindful Pilates with Deanna	Inspiration Studio	55 min.

 Hand wraps are required to participate

 Extended Class

## THURSDAY

Start Time	Class	Location	Duration
10:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
11 a.m.	MSINGI: Elemental Movement with Elayne	Motivation Studio	55 min.
Noon	Mindful Pilates with Deanna	Inspiration Studio	55 min.
12:15 p.m.	Matador Bootcamp with Elayne	Motivation Studio	55 min.
1:15 p.m.	Belly Dancing Basics with Deanna	Inspiration Studio	55 min.
2 p.m.	Abs & Glutes Yoga with Ayana	Motivation Studio	55 min.
5:30 p.m.	Vinyasa Flow with Michelle	Motivation Studio	55 min.
6 p.m.	Box & Flex with David 	Determination Studio	55 min.

## FRIDAY

Start Time	Class	Location	Duration
10 a.m.	Restorative Yoga with Deanna	Motivation Studio	75 min. 
11 a.m.	Spin® & Flex with Claire	Inspiration Studio	55 min.
1 p.m.	Functional Circuit Training with Alfredo	Top Level Training Zone	55 min.



### BOXING TRAINING PROGRAM

Located in the Determination Studio

**Monday**  
9 a.m. - Noon  
2 - 8 p.m.

**Tuesday**  
9 a.m. - Noon  
1 - 6 p.m.

**Wednesday**  
2 - 8 p.m.

**Thursday**  
1 - 6 p.m.

**Friday**  
1 - 6 p.m.

Interested participants must sign up at the **Total Training Zone desk**. New participants will be required to complete a 45-minute orientation regardless of boxing experience.



[csun.edu/src/boxing](https://csun.edu/src/boxing)