



**REC +
WELLNESS**

Spring 2025 Fitness & Wellness Programs

Dates: 1/20/25–5/9/24 • Updated 1/31/25
For class descriptions, please visit csun.edu/src/classes



csun.edu/src/classes

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

MONDAY

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



Express Class

TUESDAY

Start Time	Class	Location	Duration
8:30 a.m.	Spin® & Flex with Cheryl	Inspiration Studio	55 min.
10 a.m.	Abs & Glutes Yoga with Ayana	Motivation Studio	55 min.
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
12:30 p.m.	Matador Bootcamp with Alfredo	Motivation Studio	55 min.
2 p.m.	Vinyasa Flow with Michelle	Motivation Studio	55 min.
4 p.m.	Belly Dancing Basics with Deanna	Inspiration Studio	55 min.
5:30 p.m.	Mindful Pilates with Deanna	Motivation Studio	55 min.
5:30 p.m.	Spin®, Flex & Stretch with Lisa	Inspiration Studio	55 min.

WEDNESDAY

Start Time	Class	Location	Duration
10 a.m.	Yoga Core and More with Lisa	Motivation Studio	55 min.
11 a.m.	Functional Circuit Training with Claire	Top Level Training Zone	55 min.
12:15 p.m.	Pilates Core Fusion with Claire	Inspiration Studio	55 min.
12:30 p.m.	TRX® Circuit Training with Alfredo	Determination Studio	55 min.
1:30 p.m.	Gentle Yoga with Ayana	Inspiration Studio	55 min.
1:30 p.m.	WERQ™ with Jasslean	Motivation Studio	55 min.

WEDNESDAY

Start Time	Class	Location	Duration
4 p.m.	Barre Fit with Deanna	Motivation Studio	55 min.
5:30 p.m.	Mindful Mat Pilates with Deanna	Inspiration Studio	55 min.
6 p.m.	Afro-Caribbean Heat with Jordyn	Motivation Studio	55 min.



Extended Class



Hand wraps are required to participate

THURSDAY

Start Time	Class	Location	Duration
11 a.m.	MSINGI: Elemental Movement with Elayne	Motivation Studio	55 min.
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
12:15 p.m.	Spin® & Flex with Elayne	Inspiration Studio	55 min.
12:30 p.m.	Functional Circuit Training with Claire	Top Level Training Zone	55 min.
1:30 p.m.	Abs & Glutes Yoga with Ayana	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.
6:30 p.m.	Functional Circuit Training with Natalie	Top Level Training Zone	55 min.

FRIDAY

Start Time	Class	Location	Duration
10 a.m.	Restorative Yoga with Deanna	Motivation Studio	75 min. ⌚
11:30 a.m.	Belly Dancing Basics with Deanna	Inspiration Studio	55 min.
11:30 a.m.	Box & Flex with David 🖐️	Determination Studio	55 min.
12:30 p.m.	Matador Bootcamp with Claire	Motivation Studio	55 min.



BOXING TRAINING PROGRAM 🖐️

Located in the Determination Studio

Monday
2 - 9 p.m.

Tuesday
1 - 6 p.m.

Wednesday
2 - 9 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