



REC + WELLNESS

Spring 2026 Fitness & Wellness Programs

Dates: 1/20/26–5/10/26 • Updated 2/6/26
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
10 a.m.	Yoga Core & More with Lisa	Motivation Studio	45 min. 
11 a.m.	Vinyasa Flow with Lisa	Motivation Studio	55 min.
11:30 a.m.	TRX® Circuit Training with Claire	Determination Studio	55 min.
Noon	Spin® & Flex with Cheryl	Inspiration Studio	55 min.
1 p.m.	Matador Bootcamp with Alfredo	Motivation Studio	55 min.
4 p.m.	Pilates Core Fusion with Claire	Motivation Studio	55 min.
5:30 p.m.	Matador Bootcamp with Claire	Motivation Studio	55 min.



TUESDAY

Start Time	Class	Location	Duration
10 a.m.	TRX® Pilates with Claire	Determination Studio	55 min.
11:30 a.m.	Matador Bootcamp with Claire	Motivation Studio	55 min.
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
12:30 p.m.	TREAD & Flex with Alfredo	Bryan Green Matdor Training Zone	55 min.
1:30 p.m.	Hold & Flow with Ayana	Motivation Studio	55 min.
5:30 p.m.	Matador Bootcamp with Cheryl	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.	Gentle Yoga with Ayana	Motivation Studio	55 min.
11 a.m.	TRX® Pilates with Claire	Determination Studio	55 min.
11:30 a.m.	Vinyasa Flow with Condor	Motivation Studio	55 min.
Noon	Spin®, Flex & Stretch with Lisa	Inspiration Studio	55 min.
12:30 p.m.	Functional Training Circuit with Claire	Top Level Training Zone	55 min.
1 p.m.	Hit the Beat with Amanda	Motivation Studio	45 min. 
4 p.m.	Belly Dance Basics with Deanna	Inspiration Studio	55 min.
5:30 p.m.	Mindful Mat Pilates with Deanna	Inspiration Studio	55 min.
6 p.m.	Afro-Caribbean (AC) Heat with Jordyn	Motivation Studio	55 min.

THURSDAY

Start Time	Class	Location	Duration
10 a.m.	Barre Fit with Deanna	Motivation Studio	55 min.
11:30 a.m.	Mindful Mat Pilates with Deanna	Inspiration Studio	55 min.
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
12:30 p.m.	Matador Bootcamp with Claire	Motivation Studio	55 min.
1:30 p.m.	WERQ™ Dance Fitness with Jasslean	Inspiration Studio	55 min.
2 p.m.	Abs & Glutes Yoga with Ayana	Motivation Studio	55 min.
5:30 p.m.	Matador Bootcamp with Natalie	Motivation Studio	55 min.
5:30 p.m.	Spin® & Flex with Cheryl	Inspiration Studio	55 min.



Extended Class



Hand wraps are required to participate

FRIDAY

Start Time	Class	Location	Duration
10 a.m.	Restorative Yoga with Deanna	Motivation Studio	75 min. ⌚
11 a.m.	TREAD & Flex with Claire	Bryan Green Matdor Training Zone	55 min.
11:45 p.m.	Mat Pilates with Deanna	Motivation Studio	55 min.
Noon	Box & Flex with David 🖐️	Determination Studio	55 min.

SATURDAY

Start Time	Class	Location	Duration
10:30 a.m.	Matador Bootcamp with Natalie	Motivation Studio	55 min.



BOXING TRAINING PROGRAM 🖐️

Located in the Determination Studio

Monday
1 – 8 p.m.

Tuesday
2 – 6 p.m.

Wednesday
1 – 8 p.m.

Thursday
2 – 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