



REC + WELLNESS

Summer 2024 Fitness & Wellness Programs

Dates: 5/20/24-8/16/24 • Updated 5/20/24
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
10:45 p.m.	TRX® Circuit Training with Alfredo	Determination Studio	55 min.
11 a.m.	Stretch Flow with Condor	Motivation Studio	45 min. 🕒
Noon	Spin® & Flex with Claire	Inspiration Studio	55 min.
1 p.m.	Gentle Yoga with Ayana	Motivation Studio	55 min.
1:30 p.m.	Box & Flex with David 🖐️	Determination Studio	55 min.
5:30 p.m.	Matador Bootcamp with Natalie	Motivation Studio	55 min.
6 p.m.	Zumba® Fitness with Abie	Inspiration Studio	55 min.

 Hand wraps are required to participate

 Express Class

TUESDAY

Start Time	Class	Location	Duration
11 a.m.	360° Circuit Training with Cheryl	Motivation Studio	55 min.
12:15 p.m.	Matador Cycle with Claire	Inspiration Studio	45 min. 🕒
1 p.m.	Vinyasa Flow with Michelle	Motivation Studio	55 min.
1:15 p.m.	Functional Training Circuit with Claire	Top Level Training Zone	55 min.
5:15 p.m.	WERQ™ with Jasslean	Motivation Studio	55 min.
5:30 p.m.	Spin® & Stretch with Lisa	Inspiration Studio	55 min.
6:30 p.m.	Functional Training Circuit with Natalie	Top Level Training Zone	55 min.

WEDNESDAY

Start Time	Class	Location	Duration
8:30 a.m.	Spin® & Stretch with Cheryl	Inspiration Studio	55 min.
11 a.m.	Matador Cycle with Alfredo	Inspiration Studio	45 min. 🕒
11:30 a.m.	Vinyasa Flow with Condor	Motivation Studio	55 min.
12:30 p.m.	Functional Training Circuit with Claire	Top Level Training Zone	55 min.
1 p.m.	Yoga Core & More with Lisa	Motivation Studio	55 min.
5:30 p.m.	Mindful Mat Pilates with Deanna	Inspiration Studio	55 min.
6 p.m.	360° Circuit Training with Natalie	Motivation Studio	55 min.

THURSDAY

Start Time	Class	Location	Duration
9:30 a.m.	Gentle Yoga with Deanna	Motivation Studio	55 min.
11 a.m.	MSINGI: Elemental Movement with Elayne	Motivation Studio	55 min.
11 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
Noon	WERQ™ with Jasslean	Inspiration Studio	55 min.
1 p.m.	Boxer's Basics with David 🖐️	Determination Studio	55 min.
1:30 p.m.	Yoga Arms & More with Ayana	Motivation Studio	55 min.
5:30 p.m.	Spin® & Flex with Cheryl	Inspiration Studio	55 min.
6 p.m.	Zumba® Fitness with Abie	Motivation Studio	55 min.

 Hand wraps are required to participate

 Extended Class

FRIDAY

Start Time	Class	Location	Duration
10 a.m.	Restorative Yoga with Deanna	Motivation Studio	75 min. ⌚
Noon	Matador Interval Training with Amanda	Motivation Studio	55 min.
1:30 p.m.	Pilates Core Fusion with Claire	Motivation Studio	55 min.

BOXING TRAINING PROGRAM 🖐️

Located in the Determination Studio

Monday
2:30 – 7:30 p.m.

Tuesday
11 a.m. – 4 p.m.

Wednesday
11 a.m. – 4 p.m.

Thursday
2:30 – 7:30 p.m.

Friday
Noon – 4 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

