



**REC +
WELLNESS**

Summer 2025 Fitness & Wellness Programs

Dates: 5/12/25–8/15/25 • Updated 5/30/25
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
Noon	TREAD & Flex with Cheryl	Bryan Green Matador Training Zone	55 min.
12:30 p.m.	Yoga Core and More with Lisa	Motivation Studio	55 min.
1:30 p.m.	Box & Flex with David 🖐️	Determination Studio	55 min.
2 p.m.	Gentle Yoga with Ayana	Inspiration 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



Hand wraps are required to participate

TUESDAY

Start Time	Class	Location	Duration
8:30 a.m.	Spin® & Flex with Cheryl	Inspiration Studio	55 min.
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
1:30 p.m.	WERQ™ with Jasslean	Motivation Studio	55 min.
2 p.m.	Vinyasa Flow with Michelle	Inspiration Studio	55 min.
4 p.m.	Barre Fit with Deanna	Motivation Studio	55 min.
5:30 p.m.	Mindful Mat 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
11:30 a.m.	TRX® Yoga with Lisa	Determination Studio	55 min.
12:30 p.m.	Matador Cycle with Amanda	Inspiration Studio	45 min. 🚲
1:30 p.m.	Matador Bootcamp with Claire	Motivation Studio	45 min. 🚲
2:30 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.	Functional Circuit Training with Natalie	Top Level Training Zone	55 min.
6 p.m.	Afro-Caribbean Heat with Jordyn	Motivation Studio	55 min.

THURSDAY

Start Time	Class	Location	Duration
11 a.m.	Mindful Mat Pilates with Deanna	Inspiration Studio	55 min.
11:30 a.m.	TRX® Circuit Training with Claire	Determination Studio	55 min.
12:30 p.m.	Belly Dancing Basics with Deanna	Inspiration Studio	55 min.
1 p.m.	Abs & Glutes Yoga with Ayana	Motivation Studio	55 min.
1:30 p.m.	Box & Flex with David 🖐️	Determination Studio	55 min.
5:30 p.m.	TREAD & Flex with Cheryl	Bryan Green Matdor Training Zone	55 min.
5:30 p.m.	WERQ™ with Jasslean	Motivation 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.	TRX® Pilates with Claire	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
2:30 – 7:30 p.m.

Tuesday
2:30 – 7:30 p.m.

Wednesday
2:30 – 7:30 p.m.

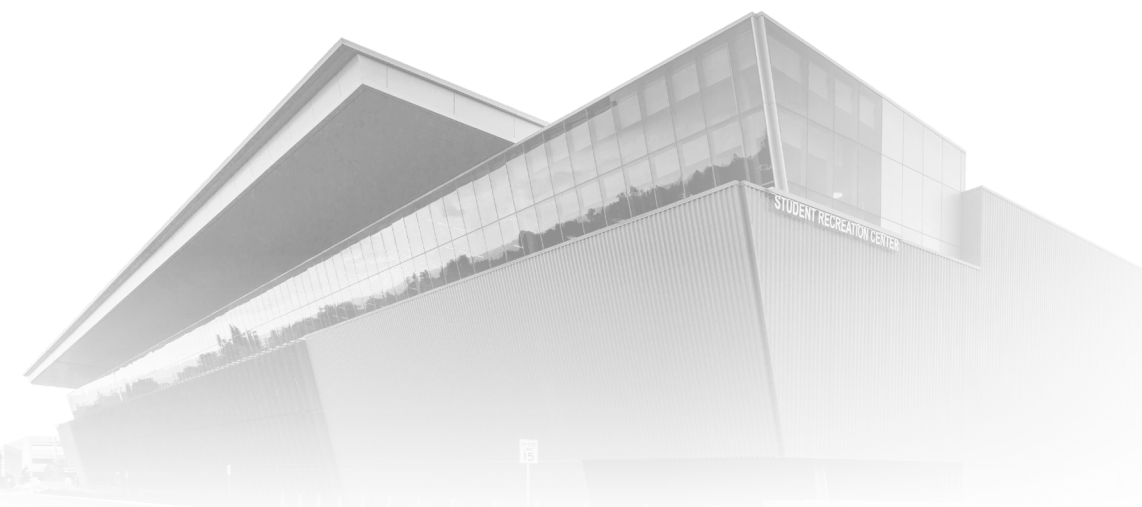
Thursday
2:30 – 7:30 p.m.

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



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