

Koret Health & Recreation Center Group Exercise Schedule

MONDAY

- 7:15am BodySculpting w/Brian —45 min.
Pool 7:30am Shallow H2O w/Nancy
 9am Alignment Yoga w/Lindsey —90 min.
 10:45am Beginner Yoga w/Lindsey
Pool 11:30am Shallow H2O w/Annette
C.R. 12pm Faculty/Staff Yoga w/Lindsey
Pool 12pm Deep H2O w/Kris
 12:15pm Spin w/Tina — 45 min.
Box 12:15pm Boxing Boot Camp w/Noell
 1:35pm Zumba w/Kathryn
C.R. 5:15pm Yoga Flow w/Wendy—90 min.
 5:15pm Body Sculpting w/Jai—45 min.
 6:15pm Cardio Kick w/Deirdre
 ▶ 7:30pm Spin w/Deirdre—50 min.

TUESDAY

- 6:30am Spin w/ Sandra
 7:30am Circuit Training w/Maryam
 10:45am Spin w/Jai — 45 min.
 11:35am Abs & Glutes w/ Jai—30 min.
C.R. 12:15pm Pilates Mat w/Rosemary (25 max.)
 12:15pm Spin w/Tina
 ▶ 5:15pm Spin w/Wendy—45 min.
C.R. 5:15pm Faculty & Staff ZUMBA w/Ana
 7pm Hatha Yoga w/Patricia—75 min.
Hagan 7:30pm Zumba w/Kathryn

WEDNESDAY

- Pool* 7:30am Shallow H2O w/Annette
 9am Hatha Flow Yoga—90 min.
Pool 11am Shallow H2O w/Kris
Pool 12pm Deep H2O w/Annette
C.R. 12pm Faculty/Staff YOGA
 12:15pm Body Sculpting w/Brian—45 min.
Box 12:15pm Boxing Boot Camp w/Noell
 1:35pm Zumba w/Kathryn
C.R. 5:15pm Yoga Flow w/David—90 min.
 5:15pm Body Sculpting w/ Deirdre—45 min.
 6:15pm Cardio Kick w/Deirdre
 ▶ 7:30pm Spin w/Helen—45 min.

THURSDAY

- 6:30am Spin w/Helen—(45 min.)
 7:30am Morning Yoga w/Lindsey
 10:45am Spin w/ Jai— 45 min.
 11:35am Abs & Glutes w/ Jai —30 min.
C.R. 12:15pm Pilates Mat w/Rosemary (25 max.)
 12:15pm Spin w/Tina
 ▶ 5:15pm Spin w/Deirdre — 45 min.
C.R. 5:15pm Faculty & Staff ZUMBA w/Ana
 6pm Abs & Glutes w/Deirdre — 45 min.
Hagan 7:30pm Zumba w/Lianna

FRIDAY

- 6:45am BodySculpting w/Helen
Pool 7:30am Shallow H2O w/ Nancy
 9am Hatha Yoga w/Wendy—90 min.
 10:45am Beginner Yoga w/Adrian
Pool 11am Shallow H2O (Easy Pace) w/Nancy
Pool 12pm Deep H2O w/Nancy
 12:15pm Beginner PiYo w/Jai (Pilates + Yoga)
BOXING 12:15pm Boxing Boot Camp w/Noell
C.R. 1:15pm Joint Mobility, Qigong & Tai Chi —75 min.
 1:35pm Zumba w/Lianna

SATURDAY

- 8:15-9:05am Spin w/Helen — 50 min.
 10-10:55am Spin w/Carrie—55 min.

SUNDAY

- 9:15am Spin w/Carrie
 10:30am Spin w/Lauren
 3pm Faculty & Staff ZUMBA w/Ana
 5pm Spin w/Kristina
 6pm Body Sculpting w/Tina
C.R. 6:45pm Serenity Yoga w/Deborah

▶ Sign up 30 min. prior to class (basement)

Yoga & Pilates Mat (Please bring a mat)

Updates/Cancellations: www.usfca.edu/koret

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fitness@usfca.edu

(415) 422-6811