

# Spring 2017 Studio Schedule

**CLASS LENGTHS: 25, 45 AND 55 MINUTES** • Dates: 1/23/17–5/21/17 • Updated 03/13/17

For class descriptions, please visit [csun.edu/src/classes](http://csun.edu/src/classes)

## How do I reserve a spot in a Basic Group Exercise (GX) Class?

Members may register for their favorite SRC GX class as early as one day in advance. All GX classes have a limited capacity. Online registration will close ten (10) minutes prior to the class start time. Only in-person registration will be accepted from that point at the Total Training Zone desk.

## To Register Online:

- STEP 1** Log in to your MINDBODY account on the SRC MINDBODY Online Portal.  
*Note: If you do not have a MINDBODY account, you will need to create an account on the SRC MINDBODY Online Portal and purchase a "SRC COMPLIMENTARY SERVICES" package for \$0.00 before being able to sign up for any classes. This package only needs to be purchased once.*
- STEP 2** Choose a class from the schedule and click the "Sign Up Now" button.
- STEP 3** Pick up a GX class pass at the Total Training Zone desk up to one hour before and no later than 10 minutes prior to class start time.

## INSPIRATION STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m.		<b>Mandala Yoga</b> with Lisa 9 a.m.					
9:30 a.m.							
10 a.m.	<b>Yoga Balance</b> with Jaclyn 10 a.m.		<b>Power Yoga</b> with Lisa 10 a.m.	<b>Soul Limber Yoga</b> with Jaclyn 10 a.m. <b>NEW</b>			
10:30 a.m.							
11 a.m.		<b>Ocean Yoga Basics</b> with Casey 11 a.m. <b>NEW</b>	<b>Yoga Essentials Express</b> with Lisa • 11 a.m.		<b>Yoga</b> with Richard 11 a.m.		
11:30 a.m.				<b>SpinFlex</b> with Amanda 11:30 a.m. <b>NEW</b>			
12 p.m.	<b>Cardio GX Cycle</b> with Kaila 12 p.m.		<b>Cycle 45</b> with Cheryl 12 p.m.			<b>Cardio GX Cycle</b> with Kaila 12:30 p.m.	
12:30 p.m.							
1 p.m.							
1:30 p.m.		<b>Yoga Sculpt</b> with Kari 2 p.m.		<b>Cardio Yoga Flow</b> with Kari 1:30 p.m.			
2 p.m.							
2:30 p.m.							
3 p.m.							
4 p.m.			<b>Mat Pilates Flow</b> with Michelle 4 p.m.	<b>Yoga Sculpt</b> with Magi 4 p.m.			
4:30 p.m.							
5 p.m.	<b>Gentle Yoga</b> with Richard 5 p.m.						
5:30 p.m.		<b>Matador Cycle</b> with Cheryl 5:30 p.m.	<b>Barre Bootcamp</b> with Danny 5:30 p.m.		<b>Matador Cycle</b> with Danny 5:30 p.m.		
6 p.m.							
6:30 p.m.							
7 p.m.	<b>Matador Cycle</b> with Alvin 7 p.m.	<b>Cardio Yoga Flow</b> with Bryan 7 p.m.		<b>Matador Cycle</b> with Danny 7 p.m.			
7:30 p.m.			<b>Matador Cycle</b> with Elayne 7:30 p.m.				
8 p.m.							
8:30 p.m.							


## MATARENA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 a.m.		<b>AM Conditioning</b> with Brandon 8 a.m.	<b>AM Conditioning</b> with Carlos 8 a.m.	<b>AM Conditioning</b> with Brandon 8 a.m.			
9 a.m.							

## TOP LEVEL TRAINING ZONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 a.m.					<b>FitWall Strength</b> with Carlos 9 a.m.		
9:30 a.m.	<b>TRX® Circuit Training</b> with Carlos 9:30 a.m.	<b>FitWall Training</b> with Brandon 9:30 a.m.		<b>FitWall Training</b> with Brandon 9:30 a.m.			
10 a.m.							
10:30 a.m.							
11:30 a.m.	<b>TRX® R&amp;S Express</b> with Peter • 11:30 a.m.				<b>TRX® Ropes &amp; Straps</b> with Peter 11:30 a.m.		
12 p.m.	<b>FitWall Mania Express</b> with Peter • 12 p.m.						
12:30 p.m.				<b>TRX® Iron Circuit Training</b> with Angela 12:30 p.m.			
1 p.m.			<b>FitWall Mania</b> with Peter 1 p.m.				
1:30 p.m.							
2 p.m.			<b>TRX® Ropes &amp; Straps</b> with Peter 2 p.m.				
2:30 p.m.							
3 p.m.							
5 p.m.	<b>TRX® Iron Circuit Training</b> with Angela 5 p.m.						
5:30 p.m.							
6 p.m.							
7 p.m.			<b>TRX® Circuit Training</b> with Alvin 7 p.m.				
7:30 p.m.							
8 p.m.							

 **Basic GX Class (Free)**  
Sign up at the Total Training Zone or online

 25- or 45-Minute Express Class


 CSUN Lunch Time Express Program

## MOTIVATION STUDIO


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 a.m.		<b>Sunrise Yoga</b> with Richard 7 a.m.		<b>Sunrise Yoga</b> with Richard 7 a.m.			
7:30 a.m.							
8 a.m.	<b>Matador Bootcamp</b> with Carlos 8 a.m.						
8:30 a.m.							
9 a.m.							
9:30 a.m.			<b>Belly Dance 45</b> with Isabel 9:30 a.m.	<b>Zumba®</b> with Alana 9:30 a.m.	<b>Zumba®</b> with Apple Joe 9:30 a.m.		
10 a.m.						<b>R.I.P.P.E.D.</b> with Rebecca 10 a.m.	
10:30 a.m.							
11 a.m.	<b>Zumba®</b> with Alana 11 a.m.	<b>Zumba® Express</b> with Yesenia • 11:30 a.m.	<b>Zumba® 45</b> with Apple Joe 11:30 a.m.			<b>Zumba®</b> with Tiffany 11 a.m.	<b>Cardio Yoga Flow</b> with Bryan 11 a.m.
11:30 a.m.							
12 p.m.	<b>Bootcamp 45</b> with Maryssa 12 p.m.	<b>Bootcamp 45</b> with Amanda 12 p.m.		<b>Zumba® 45</b> with Marisa 12 p.m.	<b>Barre Fit 45</b> with Deanna 12 p.m.	<b>Cardio Hip Hop Express</b> with Tiffany • 12 p.m.	
12:30 p.m.			<b>Afro-Caribbean Heat</b> with Apple Joe 12:30 p.m. <b>NEW</b>			<b>Yoga</b> with Richard 12:30 p.m.	
1 p.m.		<b>Belly Dance 45</b> with Isabel 1 p.m.			<b>Practical Pilates</b> with Deanna 1 p.m.		
1:30 p.m.							
2 p.m.					<b>Kettlebell Lift 45</b> with Peter 2 p.m. <b>NEW</b>		
2:30 p.m.	<b>Kettlebell Lift 45</b> with Peter 2:30 p.m. <b>NEW</b>						
3 p.m.							
3:30 p.m.							
4 p.m.	<b>Zumba®</b> with Apple Joe 4 p.m.				<b>Barre Bootcamp</b> with Danny 4 p.m.		
4:30 p.m.				<b>Zumba® Express</b> with Amber • 4:30 p.m.			
5 p.m.		<b>Barre Bootcamp</b> with Maryssa 5 p.m.	<b>R.I.P.P.E.D.™</b> with Rebecca 5 p.m.				
5:30 p.m.	<b>BodyShred™</b> with Rebecca 5:30 p.m.			<b>Zumba® Sentao</b> with Amber 5:30 p.m.			
6 p.m.					<b>Zumba®</b> with Abie 6 p.m.		
6:30 p.m.	<b>Zumba®</b> with Yuri 6:30 p.m.	<b>Zumba®</b> with Abie 6:30 p.m.	<b>Zumba®</b> with Yuri 6:30 p.m.				
7 p.m.				<b>BollyX®</b> with Yesenia 7 p.m. <b>NEW</b>			
7:30 p.m.	<b>Turbo Kick™</b> with Elayne 7:30 p.m.						
8 p.m.							
8:30 p.m.							

## DETERMINATION STUDIO


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m.							<b>TRX® Yoga Basics</b> with Bryan 9:30 a.m. <b>NEW</b>
10 a.m.		<b>Boxing Training Program</b> 10 a.m. - 7 p.m.		<b>Boxing Training Program</b> 10 a.m. - 5 p.m.	<b>Boxer's Basics</b> with Peter 10 a.m.		
10:30 a.m.							
11 a.m.					<b>Boxing Training Program</b> 11 a.m. - 7 p.m.	<b>Boxing Training Program</b> 10 a.m. - 4 p.m.	
11:30 a.m.			<b>Boxer's Basics</b> with Peter 11:30 a.m.				
12 p.m.							
12:30 p.m.							
1 p.m.	<b>Boxer's Basics</b> with Peter 1 p.m.		<b>Boxing Training Program</b> 1 - 9 p.m.				
1:30 p.m.							
2 p.m.	<b>Boxing Training Program</b> 2 - 9 p.m.						
2:30 p.m.							
3 p.m.							
3:30 p.m.							
4 p.m.							
4:30 p.m.							
5 p.m.							
5:30 p.m.					<b>TRX® Yoga Basics</b> with Lisa 5:30 p.m. <b>NEW</b>		
6 p.m.							
6:30 p.m.							
7 p.m.							
7:30 p.m.		<b>TRX® Circuit Training</b> with Jorge 7:30 p.m.		<b>TRX® Circuit Training</b> with Jorge 7:30 p.m.			
8 p.m.							
8:30 p.m.							
9 p.m.							


 **Basic GX Class (Free)**  
Sign up at the Total Training Zone or online

 **Boxing Training Program (Free)**  
Sign up at the Total Training Zone

 25- or 45-Minute Express Class

 CSUN Lunch Time Express Program

 Hand wraps are required to participate

 Class uses Cardio GX Heart Rate Monitoring Software. Optional straps are available for purchase at the Pro Shop.