

SPRING GROUP FITNESS AT THE SRC!



SCHEDULE

M

TU

W

TH

F

10AM

**MORNING
MOBILITY**

with Matt
Dance Studio

7AM

**MAT
PILATES**

with Christian M.
Dance Studio

6:45AM

SPIN

with Nicole
Spin Studio

7AM

**MAT
PILATES**

with Christian
Dance Studio

12PM

**FULL BODY
STRENGTH**

with Christian C.
Dance Studio

12PM

**REFORMER
EXPRESS**

with Andrea
Harvey McKee Studio

8AM

**REFORMER
EXPRESS**

with Christian M.
Harvey McKee Studio

10AM

**MAT
PILATES**

with Jensen
Dance Studio

8AM

BALLET

with Christian
Dance Studio

2PM

**RESTORATIVE
YOGA**

with Dara
Dance Studio

12:45PM

**REFORMER
EXPRESS**

with Andrea
Harvey McKee Studio

8:45AM

**REFORMER
EXPRESS**

with Christian M.
Harvey McKee Studio

11:15AM

**FULL BODY
STRENGTH**

with Jensen
Dance Studio

10AM

**MAT
PILATES**

with Catalina
Dance Studio

4PM

**MAT
PILATES**

with Jensen
Dance Studio

11AM

**MAT
PILATES**

with Catalina
Dance Studio

12PM

**REFORMER
ELEVATE**

with Andrea
Harvey McKee Studio
(fee-based class)

11AM

HIIT

with Christian C.
Dance Studio

5PM

**WESTERN
BOXING**

with Dylan
Martial Arts Studio
(fee-based class)

12PM

**VINYASA
YOGA**

with Rachel
Dance Studio

1:30PM

**MIDDAY
MOBILITY**

with Christine
Dance Studio

12PM

**YOGA
SCULPT**

with Rachel
Dance Studio

MMA

with Martin
Martial Arts Studio
(fee-based class)

**REFORMER
EXPRESS**

with Laurn S.
Harvey McKee Studio

MMA

with Ernesto
Martial Arts Studio
(fee-based class)

5PM

MMA

with Ernesto
Martial Arts Studio
(fee-based class)

12:15PM

SPIN

with Christian C.
Spin Studio

5:30PM

**FREESTYLE
HIP-HOP**

with Nyla
Dance Studio

**MORE CLASSES
ON THE BACK!**



**ASSOCIATED
STUDENTS INC**

CALIFORNIA STATE UNIVERSITY, FULLERTON®

SMALL GROUP TRAINING

January 21st - May 8th

All classes are free with a SRC Spring membership UNLESS marked 'fee-based' on the schedule.

Registration is required.
All levels welcome!

SCHEDULE

M

5:15PM
FULL BODY STRENGTH

with Jensen
Dance Studio

6:30PM
714 DANCE

with Lauryn J.
Dance Studio

CARDIO KICKBOXING

with Dylan
Martial Arts Studio
(fee-based class)

TU

1PM
REFORMER ELEVATE

with Lauryn S.
Harvey McKee Studio
(fee-based class)

2PM
MUAY THAI

with Ernesto
Martial Arts Studio
(fee-based class)

3PM
FULL BODY STRENGTH

with Christine
Dance Studio

4PM
MAT PILATES

with Andrea
Dance Studio

5:10PM
SPIN

with Andrea
Spin Studio

5:30PM
HIP-HOP

with Nyla
Dance Studio

6:30PM
ZUMBA

with Lauryn J.
Dance Studio

W

6:30PM
714 DANCE

with Lauryn J.
Dance Studio

MUAY THAI

with Ernesto
Martial Arts Studio
(fee-based class)

7:30PM
K-POP DANCE

with Lauryn J.
Dance Studio

TH

1PM
FULL BODY STRENGTH

with Kevin
Dance Studio

2PM
MMA

with Martin
Martial Arts Studio
(fee-based class)

5PM
WESTERN BOXING

with Dylan
Martial Arts Studio
(fee-based class)

5:30PM
HIP-HOP

with Nyla
Dance Studio

6:30PM
ZUMBA

with Lauryn J.
Dance Studio

CARDIO KICKBOXING

with Dylan
Martial Arts Studio
(fee-based class)

F

3PM
CARDIO KICKBOXING

with Ernesto
Martial Arts Studio
(fee-based class)

RESTORATIVE REFORMER

with Christian M.
Harvey McKee Studio
(fee-based class)

4PM
REFORMER X TRX

with Christian M.
Harvey McKee Studio
(fee-based class)

GET YOUR FIT ON!

Registration for all group classes (except Martial Arts) opens 24 hours before class starts.

Martial Arts registration opens January 18th.

Register on the Titan Rec app or visit the SRC Front Desk.