



Spring '21 Class Schedule

Starting January 25th – May 7,
schedule below.

Monday

ABS

5:00-5:30pm

Caitlin

Leg Day

5:30-6:00pm

Caitlin

Gentle Yoga/Meditation

6:00-6:30pm

Shannon

Tuesday

Butts n' Guts

5:00-5:30pm

Yoseleen

Fuego

5:30-6:00pm

Yoseleen

Wednesday

Yoga

12:00-12:30pm

Shannon

ABS

5:30-6:00pm

Caitlin

Leg Day

6:00-6:30pm

Caitlin

Thursday

Butts n' Guts

5:00-5:30pm

Yoseleen

Fuego

5:30-6:00pm

Yoseleen

*No classes on Spring Break (March 15 -19) or holidays, (Wednesday, March 31, Cesar Chavez Day).

Class Descriptions



ABS

Increase core and postural strength using just your body weight!



Butts n Guts

Use a variety of exercises to strengthen the lower body and abs



Fuego

Shake, shimmy and sweat your way through an awesome dance-cardio workout!



Gentle Yoga & Meditation

Increase mindfulness and well-being through breath, gentle postures and meditation



Leg day

Use a variety of lower body exercises to strengthen the legs and glutes



Yoga

Improve mindfulness, strength and mobility with a series of traditional postures



ASSOCIATED STUDENTS | csu, chico
YOUR FEELS AT WORK