

Spring 2019 Fitness Classes

April 1– June 9* (Must have appropriate pass by Monday, April 8)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Sunrise Yoga Flow 8:00-9:00 (Alex) <i>Capacity 43</i>		Sunrise Yoga Flow 8:00-9:00 (Alex) <i>Capacity 43</i>	Cycling 8:00-9:00 (Kiran) <i>Capacity 10</i>			
9am						Yoga Basics 9:00-10:00am (Ashley) <i>Capacity 43</i>	
12 PM	Vinyasa Flow Yoga 12:00-1:00 (Sami) <i>Capacity 43</i>	Cardio Sculpt Fusion 12:15-1:15 (Eversley) <i>Capacity 43</i>	Vinyasa Flow Yoga 12:00-1:00 (Leslie) <u>No class 4/10</u> <i>Capacity 43</i>	Total Body Blast Circuit 12:15-1:15 (Eversley) <i>Capacity 43</i>	LES MILLS GRIT Series™ 12:15-12:45 (Brandy) LES MILLS CXWORX™ 12:50-1:20 (Brandy) <i>Capacity 35</i>		
4 PM	LES MILLS GRIT Series™ 4:00-4:30 (Suzanne) LES MILLS CXWORX™ 4:35-5:05 (Suzanne) <i>Capacity 35</i>	Barre 4:00-5:00 (Bridget) <i>Capacity 25</i>	Power Hour Yoga 4:00-5:00 (Molly) <i>Capacity 43</i>				
5 PM	Cardio Athletic Kickboxing 5:15-6:15 (Eversley) <i>Capacity 43</i>	LES MILLS BODYPUMP®*** 5:30-6:30 (Maria) <u>No class 4/9</u> <i>Capacity 35</i>	Cardio Athletic Kickboxing 5:15-6:15 (Eversley) <i>Capacity 43</i>	LES MILLS BODYPUMP®*** 5:30-6:30 (Brandy) <u>No class 4/18</u> <i>Capacity 35</i>			Barre 5:00-6:00 (Bridget) <i>Capacity 25</i>
6 PM	Zumba 6:30-7:30 (Mireya) <i>Capacity 43</i>		Cardio Sculpt Fusion 6:30-7:30 (Eversley) <i>Capacity 43</i>	Thursday U-Jam 6:45-7:30 (Mireya) <u>No class 4/18</u> <i>Capacity 43</i>			
7pm			Wednesday U-Jam 7:45-8:45 (Robert) <i>Capacity 43</i>				Candlelight Yoga 7:45-8:45 (Ashley) <i>Capacity 43</i>

For more information visit: www.scu.edu/recreation or e-mail fitness@scu.edu

*No classes
April 18 as of
6pm-April 21 and
May 25-27 due to
Easter Break and
Memorial Day

**Schedule is
subject to
change**

Students—Will need Free Fitness Pass to participate in fitness class. Pick up pass before your first class! Passes available for pickup starting April 1st!

Faculty/Staff/Alumni/Spouse/Retiree— Must purchase pass to attend class. Passes available for purchase starting April 1st.

If you have a disability and require reasonable accommodations, please call the Malley Center Front Desk 408-554-4068 or 800-735-2929 (TTY-California Relay) at least 24 hours prior to the event