



WINTER 2012

FITNESS CLASS SCHEDULE

Preview Week is January 9–15; see additional flyer for more information

Class registration begins Tuesday, January 17 @ 6:30 AM

Classes run January 21–March 16

No classes February 18-20 due to the President's Weekend

Makeup classes, if necessary, will run March 17-23

updated: 1-4-12



MONDAY

6:45–7:45 AM
M/W Bronco Body Blast
With Meggan



11:30–12:00 PM*
Express Cycling 1
With Calley

~~12:15–1:45 PM*~~
~~Express Cycling 2~~
~~With Calley~~

~~5:15–6:45 PM~~
~~M/W Cardio Kickboxing~~
~~With Lynsey~~

6:30–7:30 PM
M Zumba
With Natalie

~~7:45–8:45 PM*~~
~~Cycling 3~~
~~With Meghan~~

TUESDAY

7:00–8:00 AM*
T Morning Ride
With Alvin

8:30–9:30 AM
T/TH AM Pilates
With Anne

10:00–11:00 AM
T/TH Boot Camp
With Allison

11:15–11:45 AM
T/TH Express Butts & Guts I
With Jeanee'

11:50–12:20 PM
T/TH Express U Jam
With Jeanee'

12:25–12:55 PM
T/TH Express Cardio Sculpt
With Jeanee'

1:00–1:30 PM
T/TH Express Butts & Guts II
With Jeanee'

4:00–4:45 PM
T/TH Night Club Cardio
With Lynsey

5:15–6:15 PM
T/TH YoPi Mix
With Anne

6:30–7:30 PM
T/TH Zumba
With Riley

WEDNESDAY

6:45–7:45 AM
M/W Bronco Body Blast
With Meggan

12:00–1:00 PM
Noon Vinyasa Yoga
With Paige



4:00–5:00 PM
Vinyasa Yoga
With Benitisha

~~5:15–6:45 PM~~
~~M/W Cardio Kickboxing~~
~~With Evelyn~~

~~6:30–7:45 PM~~
~~W Bronco Core and More~~
~~With Corey~~



THURSDAY

7:00-8:00 AM*
TH Morning Ride
With Alvin

8:30 - 9:30 AM
T/TH AM Pilates
With Anne

10:00–11:00 AM
T/TH Boot Camp
With Allison

11:15 - 11:45 AM
T/TH Express Butts & Guts I
With Jeanee'

11:50 - 12:20 PM
T/TH Express U Jam
With Jeanee'

12:25 - 12:55 PM
T/TH Express Cardio Sculpt
With Jeanee'

1:00 - 1:30 PM
T/TH Express Butts & Guts II
With Jeanee'

4:00–4:45 PM
T/TH Night Club Cardio
With Lynsey

5:15 - 6:15 PM
T/TH YoPi Mix
With Anne

6:30 - 7:30 PM
T/TH Zumba
With Riley

FRIDAY

~~10:30–11:30 PM*~~
~~Cycling 4~~
~~With Calley~~

11:45 - 12:45 PM
F Power Yoga
With Liz

2:45 - 3:45 PM
F Bronco Core and More
With Corey

4:00–5:00 PM
F Zumba
With Riley

SATURDAY

12:00–1:00 PM
SA Vinyasa Yoga
With Paige

SUNDAY

11:00 - 12:00 PM
SU Power Yoga
With Liz

12:15–1:15 PM
Cycling 5
With Calley

~~5:00–6:00*~~
~~Cycling 6~~
~~With Meghan~~

6:15–7:00 PM
SU Night Club Cardio
With Lynsey

7:30–8:30 PM
SU Zumba
With Riley

For more information, visit
www.scu.edu, email
fitness@scu.edu, or call
408-554-4068.

If you have a disability and require reasonable accommodations, please call Club Sports Office at (408) 551-7182 or 1-800-735-2929 (TTY-California Relay) at least 24 hours prior to the event.

*Cycling class number does not denote difficulty level. Cycling classes can be adapted for beginners to advanced riders.