



Winter 2012

# FITNESS PREVIEW DAYS



Free sneak peeks of some of our fitness classes in their entirety, check them out before registration begins January 17 @ 6:30 a.m.

MONDAY, January 9	
Express Cycling 1	11:30 AM
Express Cycling 2	12:15 PM
M Zumba	6:30 PM
Cycling 3	7:45 PM
TUESDAY, January 10	
T/TH Night Club Cardio	4:00 PM
WEDNESDAY, January 11	
M/W Bronco Body Blast	6:45 AM
Noon Vinyasa Yoga	12:00 PM
Vinyasa Yoga	4:00 PM
M/W Cardio Kickboxing	5:15 PM
W Bronco Core & More	6:30 PM
THURSDAY, January 12	
TH Morning Ride	7:00 AM
T/TH AM Pilates	8:30 AM
T/TH Boot Camp	10:00 AM
Express Butts & Guts I	11:15 AM
Express U Jam	11:50 AM
T/TH Express Cardio	12:25 PM
T/TH Express Butts &	1:00 PM
T/TH Night Club Cardio	4:00 PM
T/TH YoPi Mix	5:15 PM
T/TH Zumba	6:30 PM

FRIDAY, January 13	
Cycling 4	10:30 AM
F Power Yoga	11:45 AM
F Bronco Core & More	2:45 PM
F Zumba	4:00 PM
SATURDAY, January 14	
SA Vinyasa Yoga	12:15 PM*
SUNDAY, January 15	
SU Power Yoga	12:15 PM*
Cycling 5	1:30 PM*
TUESDAY, January 17	
T/TH Night Club Cardio	4:00 PM
WEDNESDAY, January 18	
Noon Vinyasa Yoga	12:00 PM
THURSDAY, January 19	
T/TH Night Club Cardio	4:00 PM
FRIDAY, January 20	
Cycling 4	10:30 AM

\*SATURDAY, January 14 & SUNDAY, January 15 class times different than weekly class due to holiday schedule

No registration is required. Admittance is on a first come, first serve basis. Cycling preview classes are limited to the first 10 people. Other preview classes are limited to 42 people.

For more information, visit [www.scu.edu/recreation/lifetime.cfm](http://www.scu.edu/recreation/lifetime.cfm), email [fitness@scu.edu](mailto: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.