

Updated: 6/12/2017

# SUMMER 2017 FITNESS CLASSES

Passes go on sale June 12th

\$40 for 7 punch pass

\$110 for unlimited pass

**CLASSES JUNE 19 – SEPTEMBER 14\* (MUST HAVE YOUR FITNESS PASS—NO PREVIEW CLASSES)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11 AM		Cycling 1** 11:45am-12:45pm (Taylor) <b>No Class September 12th</b>	Cycling 2** 11:45am-12:45pm (Taylor) <b>No Class September 6th and 13th</b>	
12 PM	Flexibility and Core 12-1 (Rich)			Cardio and Sculpt 12-1 (Diane) <b>Starts August 3rd</b>
5 PM	High Octane Conditioning 5:15-6:15 (Eversley) <b>No Class July 3rd</b>	High Intensity Bootcamp 5:15-6:15 (Anja)  Ballet Barre 6:30–7:30 (Anja)	High Octane Conditioning 5:15-6:15 (Eversley)	

**Drop in Prices:**

- Express—\$4
- Cardio—\$8
- Yoga—\$10

Guests may take classes during the summer. Guests must pay the guest fee and fitness class fee. All guests must be 18 years of age or older.

For more information visit: [www.scu.edu/recreation](http://www.scu.edu/recreation) or e-mail [fitness@scu.edu](mailto:fitness@scu.edu)

\*No classes July 4th due to Independence Day and Sept. 4th due to Labor Day.

Schedule is subject to change

\*\*Cycling class number does not denote difficulty level, can be adapted to all skill levels—capacity 10.

All classes are held in the Multipurpose Room in the Malley Center—room capacity is 43

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.