



WINTER 2024 FITNESS CLASSES

Classes Begin January 8 - March 15

***No classes January 15 & February 19 due to MLK & President's closures**

updated: 1/8/24



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Introduction to Weight Lifting 9:45 - 10:45 a.m. (Parsa) capacity 6					
	Introduction to Weight Training 11 - 12 p.m. (Parsa) capacity 6		Introduction to Weight Training 11 - 12 p.m. (Parsa) capacity 6			
	Yoga Flow 5-6 p.m. (Lauren) No class 2/20 capacity 43					
Barre 6:30-7:30 p.m. (Kimber) No classes 1/15, 2/19 capacity 20	Cycle 6:15 -7:15 p.m. (Lily) capacity 11	Cycle 6:15 -7:15 p.m. (Maggie) capacity 11	Cycle 6:30-7:30 p.m. (Maggie) capacity 11			

The schedule is subject to change. All classes meet in the Multipurpose Room at the Malley Center except Introduction to Weight Training meets at the Weight Room Desk.

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

If you have additional questions please email fitness@scu.edu.