

Updated: 4/6/17

SPRING 2017 FITNESS CLASSES

Passes go on sale Monday, April 3

\$30 for 9 punch pass

\$90 for unlimited pass

Drop in rates available

FREE PREVIEW CLASSES APRIL 3-9, CLASSES APRIL 10-JUNE 11 * (MUST HAVE YOUR FITNESS PASS)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM			Cycling 2** 7:45-8:45am (Taylor)				
11AM					Integrative Vinyasa Flow Yoga 11:30-12:30 (Heather)		
12 PM	Flexibility and Core 12-1 (Rich)	Cycling 1** 12:15-1:15 (Taylor)	W Pound® 12-1 (Sonia)	Express Circuit Training 12:15-12:45 (Diane) Express Body Sculpt 12:55-1:25 (Diane)			
1PM	All Levels Vinyasa Yoga 1:15-2:15 (Hailey)	TIME CHANGE: Basic Power Yoga 1:30-2:30pm (Grace)					
2 PM				Basic Power Yoga 2:30-3:30 (Grace)			
4PM	Integrative Vinyasa Flow Yoga 4-5 (Heather)						
5PM	Cardio Athletic Kickboxing 5:15-6:15 (Eversley)	High Intensity Boot Camp 5:15-6:15 (Anja)	Cardio Athletic Kickboxing 5:15-6:15 (Eversley)	High Intensity Boot Camp 5:15-6:15 (Anja) (No class April 13)*			
6 PM	M Pound® 6:30-7:15 (Mary)	All Levels Vinyasa Yoga 6:30-7:30 (Hailey)	High Octane Conditioning 6:30-7:30 (Eversley)	Ballet Barre 6:30-7:30 (Anja) (No class April 13)*			

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

*No classes April 14-16 and May 27-29 due to Easter and Memorial Day

Schedule is subject to change

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

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