



UPDATED FALL 2009 LIFETIME RECREATION SCHEDULE

Registration starts Monday, September 28 at 6:30 a.m.

Classes run October 4 - December 4.

No classes November 22 - 28. No Sunday Power Yoga on October 25.

*Cycling 10 begins 10/7, Cycling 11 & 12 begin 10/12, and Cycling 13 begins 10/14.

UPDATED SCHEDULE AS OF 10/7/2009!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 - 7:45 AM Interval Training With Jeanee'	7:25 - 8:10 AM Cycling 3 (B, I, A) With Stephen	6:45 - 7:45 AM Interval Training With Jeanee'	7:25 - 8:10 AM Cycling 6 (B, I, A) With Stephen	6:45 - 7:45 AM Interval Training With Jeanee'
8:00 - 9:00 AM Power Pilates With Jeanee'	8:30 - 9:30 AM AM Pilates With Anne	8:00 - 9:00 AM Power Pilates With Jeanee'	8:30 - 9:30 AM AM Pilates With Anne	8:00 - 9:00 AM Power Pilates With Jeanee'
	11:25 - 11:55 AM Zumba With Jeanee'		11:25 - 11:55 AM Zumba With Jeanee'	
NEW CLASS ADDED* 12:00 - 12:30 PM Cycling 11 (B, I, A) With Stephen	12:00 - 12:30 PM Cardio Sculpt With Jeanee'	12:00 - 1:00 PM Hatha Yoga With Larry	12:00 - 12:30 PM Cardio Sculpt With Jeanee'	11:45 - 12:45 PM Power Yoga With Liz
12:45 - 1:15 PM Cycling 1 (B, I, A) With Stephen	12:35-1:05 PM Butts & Guts With Jeanee'		12:35 - 1:05 PM Butts & Guts With Jeanee'	
	1:45-2:45 PM Cycling 4 (I & A) With Lisa		1:45 - 2:45 PM Cycling 7 (I & A) With Lisa	
3:15 - 4:15 PM Vinyasa Yoga With Evelyn		3:15 - 4:15 PM Vinyasa Yoga With Evelyn	3:30 - 4:15 PM Cycling 8 (B) With Meghan	
5:00 - 6:00 PM Cardio Kickboxing With Eversley	5:00 - 6:00 PM YoPi Mix With Anne	5:00 - 6:00 PM Cardio Kickboxing With Eversley	5:00 - 6:00 PM YoPi Mix With Anne	
NEW CLASS ADDED* 6:15 - 7:00 PM Cycling 12 (B, I, A) With Lisa	6:15 - 7:15 PM Bronco Body Blast With Meggan	NEW CLASS ADDED* 6:15 - 7:00 PM Cycling 13 (B, I, A) With Lisa	6:15 - 7:15 PM Bronco Body Blast With Meggan	
				SUNDAY
				1:00 - 2:00 PM Power Yoga With Liz
				5:00 - 5:45 PM Cycling 9 (B) With Meghan

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

Cycling Class Key:
 B=Beginner
 I=Intermediate
 A=Advanced