



WINTER 2025 FITNESS CLASSES

Classes begin January 6 & end March 16
***No classes January 18 - 20, and February 15 - 17**

Updated 1/17/25



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|----------|--|
| | Yoga Sculpt - Kate 9 - 10 a.m. capacity 40 | | | | | |
| Yoga Fusion - Ellie noon - 1 p.m. capacity 40 No class 1/20 & 2/17 | All Levels Vinyasa- Nadia noon - 1 p.m. capacity 40 | Yoga Fusion - Ellie noon - 1 p.m. capacity 40 | Cardio Kickboxing - Jerrica noon - 1 p.m. Capacity 40 no class 2/20 | Cardio Kickboxing - Jerrica noon - 1 p.m. Capacity 40 no class 2/21 | | Vinyasa Yoga - Iwona 11 - noon Capacity 40 No class 1/19, 2/16 & 2/23 |
| | | | | | | Full Body Fitness - Iwona 12:15 - 1:15 p.m. Capacity 40 No class 1/19, 2/16 & 2/23 |
| Pump Strength - Jerrica 4 - 5 p.m. capacity 40 No class 1/20 & 2/17 | Barre - Elena 4 - 5 p.m. capacity 20 No class 1/7 & 2/25 | Pump Strength - Jerrica 4 - 5 p.m. capacity 40 no class 2/19 | Evening Flow - Sheyda 4 - 5 p.m. Capacity 40 | | | |
| Lift and Flow - Nadia 5:15-6:15 p.m. capacity 40 No class 1/20 & 2/17 | Circuits - Nadia 5:15 - 6:15 p.m. capacity 40 | Vinyasa Flow - Sheyda 5:15 - 6:15 p.m. capacity 40 | Yoga for Flexibility & Balance - Sheyda 5:15 - 6:15 p.m. capacity 40 | BollyX - Julia 5 - 6 p.m. (except 1/17 & 2/14 5 - 5:45 p.m.) capacity 40 | | |
| | Cycling - Maggie 6:30 - 7:30 p.m. capacity 11 | Power Yoga - Sheyda 6:30 - 7:30 p.m. capacity 40 | Cycling - Lily 6:30 - 7:30 p.m. capacity 11 | | | Restorative Yoga - Ellie 7 - 8 p.m. capacity 40 No class 1/19 & 2/16 |

Schedule is subject to change. If you have additional questions please email fitness@scu.edu. 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.