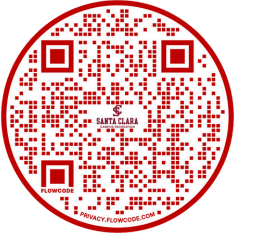




WINTER 2025 FITNESS CLASSES



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

Updated 12/15/24

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 Combat - Jerrica noon - 1 p.m. Capacity 40 no class 2/20	Cardio Combat - 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
	Strength & HITT -Parsa 1:30 - 2:30 p.m. capacity 20		Strength & HITT -Parsa 1:30 - 2:30 p.m. capacity 20			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	Strength & HITT -Parsa 2:45 - 3:45 p.m. capacity 20	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	Barre - Elena 4 - 5 p.m. capacity 20 <u>No class 1/7 & 2/25</u> 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 - Lily 6:30 - 7:30 p.m. capacity 11 No class 1/20 & 2/17	Cycling - Maggie 6:30 - 7:30 p.m. capacity 11	Power Yoga - Sheyda 6:30 - 7:30 p.m. capacity 40				Restorative Yoga - Ellie 7 - 8 p.m. capacity 40

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.