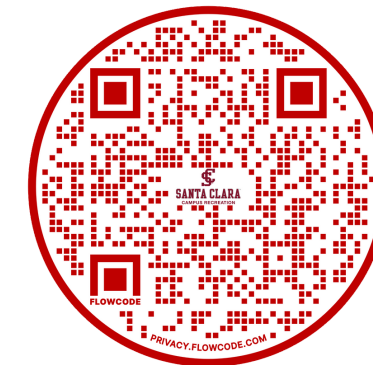




SPRING 2024 FITNESS CLASSES



Classes Begin Tuesday, April 2 - Thursday, June 6

***No classes on Monday, May 27 due to Memorial Day closure**

Monday	Tuesday	Wednesday	Thursday
			Yoga Flow 9-10 a.m. (Lauren) capacity 40
	Yoga Flow 5-6 p.m. (Lauren) capacity 40	Yoga Sculpt 4-5 p.m. (Kate) Starts April 10 capacity 40	
Barre 6:30-7:30 p.m. (Kimber) capacity 20	Cycle 6:15 -7:15 p.m. (Lily) capacity 11	Cycle 6:30 -7:30 p.m. (Maggie) capacity 11	Cycle 6:30-7:30 p.m. (Maggie) capacity 11

**All classes are
free and
available first
come, first
serve.**

The schedule is subject to change. All classes meet in the Multipurpose Room at the Malley Center.

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.