



# FALL 2025 FITNESS CLASSES

Classes begin September 22 & end December 7

\*No classes October 11 - 13, or November 22 - 30



Updated 8/14/25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energizing Flow - Giovanna 9 - 10 a.m. No class 9/22, 10/13, 11/24		Flexibility and Balance - Giovanna 9 - 10 a.m. No class 9/24, 11/26		F Restorative Yoga - Giovanna 9 - 10 a.m. No class 9/26, 11/28		
Embodied Vinyasa - Monique noon - 1 p.m. No class 10/13, 11/24	All Levels Vinyasa - Nadia noon - 1 p.m. No class 11/25	W All Levels Vinyasa - Revi noon - 1 p.m. No class 11/26	Cardio Kickboxing - Jerrica noon - 1 p.m. No class 11/27	Cardio Kickboxing - Jerrica noon - 1 p.m. No class 11/28		
		Barre - Elena 2:45 - 3:45 p.m. capacity 20 No class 11/26				
Pump Strength - Jerrica 4 - 5 p.m. No class 10/13, 11/24	Pilates Mat - Angie 4 - 5 p.m. No class 11/25	Pump Strength - Jerrica 4 - 5 p.m. No class 11/26	Pilates Mat - Angie 4 - 5 p.m. No class 11/27	Zumba- Ananya 4 - 5 p.m. No class 11/28		
Lift and Flow - Nadia 5:15 - 6:15 p.m. No class 10/13, 11/24	Strength & Cardio Circuit - Nadia 5:15 - 6:15 p.m. No class 11/25	Evening Flow Yoga - Sheyda 5:15 - 6:15 p.m. No class 11/26	Mindful Hatha - Monique 5:15 - 6:15 p.m. No class 11/27	<p><b>Class schedule is subject to change. Final schedule will be posted Friday, September 19 by noon.</b></p>		Ashtanga Vinyasa - Revi 5:30 - 6:30 p.m. No class 10/12, 11/23, 11/30
Core and Cardio Circuit - Nadia 6:30 - 7:30 p.m. No class 10/13, 11/24	Barre - Elena 6:30 - 7:30 p.m. capacity 20 No class 11/25	Cycling - Maggie 6:30 - 7:30 p.m. capacity 11 No class 11/26	Zumba- Ananya 6:30 - 7:30 p.m. No class 11/27			S Restorative Yoga - Revi 6:45- 7:45 p.m. No class 10/12, 11/23, 11/30

**Schedule is subject to change. No sign up needed - all classes are first come, first serve. Capacity is 40 unless noted. If you have additional questions please email [campusrec@scu.edu](mailto:campusrec@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.**