



SEPTEMBER 2023 FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1030 – Circuit Training (RF) 1600 – Table Tennis
4 FACILITY CLOSED LABOR DAY HOLIDAY	5 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	6 0830 – Morning Blast (RF) 1030 – Circuit Training (RF) Classic Workout – Whse 18 (CR)	7 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	8 1030 – Circuit Training (RF) 1600 – Table Tennis
11 Metcon Monday – Whse 18 (CR)	12 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	13 0830 – Morning Blast (RF) 1030 – Circuit Training (RF) Classic Workout – Whse 18 (CR) Wall Sit Challenge Bldg 103/Whse18 – All Day	14 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	15 1030 – Circuit Training (RF)
18 Metcon Monday – Whse 18 (CR)	19 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	20 0830 – Morning Blast (RF) 1030 – Circuit Training (RF) Classic Workout – Whse 18 (CR)	21 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	22 1030 – Circuit Training (RF) 1600 – Table Tennis
25 Metcon Monday – Whse 18 (CR)	26 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	27 0830 – Morning Blast (RF) 1030 – Circuit Training (RF) Classic Workout – Whse 18 (CR) Weightlifting Challenge Bldg 103/Whse 18 – All Day	28 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	29 1030 – Circuit Training (RF) 1600 – Table Tennis

All classes are subject to change due to time, space and availability.
To reserve the exercise room in Building 103 or to schedule a class,
contact the Fitness Center at 209-839-5134.

TRAINERS: ROSS JARDINE (RJ)
ROBERT FOSTER (RF)
CARLOS REED (CR)
FRANK JOHNSON (FJ)
LEANNA LINDSEY (LL)