



MARCH 2025

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 0700 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	4 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	5 0700 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	6 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 1330 – Sports Conditioning (RJ)	7 0700 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Ping Pong
10 0700 – Basic Exercise for Beginners (EL) Metcon Monday – WHSE 18	11 0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	12 0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18 BASKETBALL SKILLS CHALLENGE 1200 - 1330	13 0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	14 0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
17 0700 – Basic Exercise for Beginners (EL) Metcon Mondays – WHSE 18	18 0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	19 0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18 BASKETBALL HORSE 1200 - 1330	20 0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	21 0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
24 0700 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	25 0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	26 0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18	27 0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	28 0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
31 0700 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18				

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:
FRANK JOHNSON (FJ) TYLER MEAHAN (TM)
ROSS JARDINE (RJ)
LEANNA LINDSEY (LL) JUSTINA PEREZ (JP)
ROBERT FOSTER (RF) EMILIO LOPEZ (EL)