



MAY 2024

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | 1 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRONG BANDS NUTRITION 1200 – 1300 Batting Drills Softball Field <i>(tentative due to construction)</i> | 2 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL) | 3 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis |
| 6 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18 | 7 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 8 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRONG BANDS OBSTACLE COURSE 1200 – 1300 Batting Drills Softball Field <i>(tentative due to construction)</i> | 9 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 10 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis |
| 13 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18 | 14 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 15 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRONG BANDS CORN HOLE 1200 – 1300 Batting Drills Softball Field <i>(tentative due to construction)</i> | 16 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 17 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis |
| 20 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18 | 21 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 22 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRONG BANDS FARMERS WALK 1200 – 1300 Batting Drills Softball Field <i>(tentative due to construction)</i> | 23 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 24 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis |
| 27 FACILITY CLOSED | 28 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 29 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRONG BANDS BALANCE CHALLENGE 1200 – 1300 Batting Drills Softball Field <i>(tentative due to construction)</i> | 30 0745 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1400 – Kickboxing (CR) | 31 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – 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:
FRANK JOHNSON (FJ) TYLER MEAHAN (TM)
ROSS JARDINE (RJ) CARLOS REED (CR)
LEANNA LINDSEY (LL) JUSTINA PEREZ (JP)
ROBERT FOSTER (RF)