



# NOVEMBER 2024

## FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
4 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	5 0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	6 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	7 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	8 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
CLOSED	12 0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	13 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18  <b style="color: green;">5K Turkey Trot 0730</b> <i style="color: green;">Fitness Center Building 103</i>	14 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	15 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
18 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	19 0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	20 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18  <b style="color: green;">Dodgeball 1500</b> <i style="color: green;">Multicourt by the Union Office</i>	21 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	22 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
25 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	26 0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	27 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	CLOSED	29

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)