



JULY 2022

FITNESS CENTER BUILDING 103 CLASS SCHEDULE

GROUP INSTRUCTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRAINERS: YVONNE DELA CRUZ (YD) JAMIE TINKER, RYT ® 200 (JT) ROSS JARDINE (RJ)				1
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4	5	6	7	8
Independence Day Holiday Fitness Center Closed	0600 – HIIT: Upper Body (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – HIIT: Legs (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Power (JT)	0600 – HIIT: Abs (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – Finisher Friday HIIT (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Relaxation (JT)
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11	12	13	14	15
0600 – HIIT: Full Body (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Flow (JT)	0600 – HIIT: Upper Body (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – HIIT: Legs (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Power (JT)	0600 – HIIT: Abs (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – Finisher Friday HIIT (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Relaxation (JT)
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18	19	20	21	22
0600 – HIIT: Full Body (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Flow (JT)	0600 – HIIT: Upper Body (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – HIIT: Legs (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Power (JT)	0600 – HIIT: Abs (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – Finisher Friday HIIT (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Relaxation (JT)
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25	26	27	28	29
0600 – HIIT: Full Body (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Flow (JT)	0600 – HIIT: Upper Body (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – HIIT: Legs (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Power (JT)	0600 – HIIT: Abs (YD) 1310 – 15 Minute Stretch (JT) 1540 – Yoga: Weights (JT)	0600 – Finisher Friday HIIT (YD) 1310 – 15 Minute Stretch (JT) 1430 – Functional Fitness (RJ) 1540 – Yoga: Relaxation (JT)

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