



# APRIL 2025

## FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 1330 – Sports Conditioning (RJ)	0700 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Ping Pong
7	8	9	10	11
0700 – Basic Exercise for Beginners (EL) Metcon Monday – WHSE 18	0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18  <b>PLANK CHALLENGE ALL DAY EVENT</b>	0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
14	15	16	17	18
0700 – Basic Exercise for Beginners (EL) Metcon Mondays – WHSE 18	0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18  <b>PICKLEBALL 1330 - 1500</b>	0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
21	22	23	24	25
0700 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) Classic Workout – WHSE 18	0700 – Group Workouts (TM) 1200 – Ping Pong 1330 – Sports Conditioning (RJ) 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) 1030 – Circuit Training (EL) 1430 – Ping Pong
28	29	30		
0700 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0700 – Group Workouts (TM) 1200 – Ping Pong 1600 – Healthy Hustle (LL)	0700 – Basic Exercise for Beginners (EL) Classic Workout – 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)