



AUGUST 2024 FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
5	6	7	8	9
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 Weightlifting Challenge	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
12	13	14	15	16
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
19	20	21	22	23
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 Basketball Skills Challenge	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
26	27	28	29	30
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	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)