



JULY 2024

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	2 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	3 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	FACILITY CLOSED	5 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
8 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	9 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	10 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 <b style="color: green;">Obstacle Course	11 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	12 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
15 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	16 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	17 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 <b style="color: green;">Volleyball Skills	18 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	19 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
22 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	23 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	24 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 <b style="color: green;">Horseshoe Games	25 0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	26 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
29 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	30 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1330 – Sports Conditioning (RJ)	31 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 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) CARLOS REED (CR)
LEANNA LINDSEY (LL) JUSTINA PEREZ (JP)
ROBERT FOSTER (RF)