



OCTOBER 2024

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	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)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
7	8	9	10	11
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	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)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
14	15	16	17	18
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 <b style="color: green;">Kickboxing	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
21	22	23	24	25
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	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)	0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
28	29	30	31	
0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	0730 – Morning Blast (RF) 1330 – Yoga for Sports (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 <b style="color: green;">Zombie Games All day event	0745 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	

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)