

NOVEMBER 2025

SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1600 – Cornhole (JM)	4 1000-1800 – Golf Range (JM)	5 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1300 – Cornhole (JM) 1200-1245 – Pink Wednesday! (KB)	6 1000-1800 – Golf Range (JM)	7 0600-0645 – Gi Gong (EL) 0500-1800 – Ping Pong
10 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1600 – Cornhole (JM)	11 VETERANS DAY FITNESS CENTER CLOSED	12 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1300 – Cornhole (JM) 1200-1245 – Pink Wednesday! (KB)	13 1000-1800 – Golf Range (JM)	14 0600-0645 – Gi Gong (EL) 0500-1800 – Ping Pong
17 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1600 – Cornhole (JM)	18 1000-1800 – Golf Range (JM)	19 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1300 – Cornhole (JM) 1200-1245 – Pink Wednesday! (KB)	20 1000-1800 – Golf Range (JM)	21 0600-0645 – Gi Gong (EL) 0500-1800 – Ping Pong
24 0600-0645 – Yoga (EL) 1000-1800 – Golf Range (JM) 1100-1600 – Cornhole (JM)	25 1000-1800 – Golf Range (JM)	26 *ADJUSTED HOURS 0700-1500* 1100-1300 – Cornhole (JM) 1000-1500 – Golf Range (JM) 1200-1245 – Pink Wednesday! (KB)	27 THANKSGIVING FITNESS CENTER CLOSED	28 ADJUSTED HOURS *0700-1500*

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:
JOSEPH MAR (JM) JUSTINA PEREZ (JP)
LEANNA LINDSEY (LL) EMILIO LOPEZ (EL)
KIAH BONANDER (KB)

