

FAMILY • MORALE • WELFARE • RECREATION

APRIL 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL	2 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga	3 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL
6 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL ALL DAY – PLANK CHALLENGE	7 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga ALL DAY – PLANK CHALLENGE	8 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL ALL DAY – PLANK CHALLENGE	9 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga ALL DAY – PLANK CHALLENGE	10 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL ALL DAY – PLANK CHALLENGE
13 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL	14 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga	15 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL	16 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga	17 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL
20 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL PICKLEBALL TOURNAMENT 1130 - 1530	21 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga PICKLEBALL TOURNAMENT 1130 - 1530	22 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL PICKLEBALL TOURNAMENT 1130 - 1530	23 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga PICKLEBALL TOURNAMENT 1130 - 1530	24 1200 - 1245 – Reset and Recharge 1700 - 1745 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL PICKLEBALL TOURNAMENT 1130 - 1530
27 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL	28 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga	29 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1000 - 1700 – POP UP PICKLEBALL	30 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga	

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