

FAMILY • MORALE • WELFARE • RECREATION

AUGUST 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) TABATA STRENGTH (30 MINUTES)	4 VIRTUAL WORKOUT: LOWER BODY FOCUS (25 MINUTES) PILATES (45 MINUTES) 0900 – 1100 – BATTING	5 VIRTUAL WORKOUT: CORE CARDIO (25 MINUTES) SPIN BIKES (60 MINUTES)	6 VIRTUAL WORKOUT: UPPER BODY FOCUS (25 MINUTES) YOGA (45 MINUTES) 0900 – 1100 – BATTING	7 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
10 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) TABATA STRENGTH (30 MINUTES)	11 VIRTUAL WORKOUT: LOWER BODY FOCUS (25 MINUTES) PILATES (45 MINUTES) 0900 – 1100 – BATTING	12 FITNESS CENTER CLOSED EMPLOYEE APPRECIATION DAY	13 VIRTUAL WORKOUT: UPPER BODY FOCUS (25 MINUTES) YOGA (45 MINUTES) 0900 – 1100 – BATTING	14 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
17 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) TABATA STRENGTH (30 MINUTES)	18 VIRTUAL WORKOUT: LOWER BODY FOCUS (25 MINUTES) PILATES (45 MINUTES) 0900 – 1100 – BATTING	19 VIRTUAL WORKOUT: CORE CARDIO (25 MINUTES) TABATA (30 MINUTES) ALL DAY - WALL SIT CHALLENGE	20 VIRTUAL WORKOUT: UPPER BODY FOCUS (25 MINUTES) YOGA (45 MINUTES) 0900 – 1100 – BATTING	21 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
24 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) TABATA STRENGTH (30 MINUTES)	25 VIRTUAL WORKOUT: LOWER BODY FOCUS (25 MINUTES) PILATES (45 MINUTES) 0900 – 1100 – BATTING	26 VIRTUAL WORKOUT: CORE CARDIO (25 MINUTES) SPIN BIKES (60 MINUTES)	27 VIRTUAL WORKOUT: UPPER BODY FOCUS (25 MINUTES) YOGA (45 MINUTES) 0900 – 1100 – BATTING	28 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
31 VIRTUAL WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) TABATA STRENGTH (30 MINUTES)				

To reserve the exercise room in Building 103 or to schedule a class,
contact the Fitness Center at 209-839-5134.