

FAMILY • MORALE • WELFARE • RECREATION

JULY 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge	2 0800 – 0845 – Yoga 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge 1100 – 1300 – BATTING	3 FITNESS CENTER CLOSED HOLIDAY FOURTH OF JULY (OBSERVED)
6 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge	7 0800 – 0845 – Yoga 1200 – 1245 – Yoga 1100 – 1300 – BATTING	8 0800 – 0845 – Yoga 1200 – 1245 – Yoga	9 0800 – 0845 – Yoga 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge 1100 – 1300 – BATTING	10 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge
13 0900 – 0945 – Reset and Recharge 1300 – 1345 – Reset and Recharge	14 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 – BATTING	15 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge	16 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 – BATTING	17 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge
20 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 KICKBALL GAMES ALL DAY - SCAVENGER HUNT	21 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 KICKBALL GAMES ALL DAY - SCAVENGER HUNT	22 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 KICKBALL GAMES ALL DAY - SCAVENGER HUNT	23 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 KICKBALL GAMES ALL DAY - SCAVENGER HUNT	24 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 KICKBALL GAMES ALL DAY - SCAVENGER HUNT
27 0900 – 0945 – Reset and Recharge 0900 – 0945 – Reset and Recharge	28 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 – BATTING	29 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge	30 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge 1100 – 1300 – BATTING	31 0600 – 0645 – Reset and Recharge 0900 – 0945 – Reset and Recharge

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)
SPORTS FITNESS