

# MARCH 2026

## SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge
9	10	11	12	13
0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>FREE THROW CONTEST</b> 0900 - 1700	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge  <b>FREE THROW CONTEST</b> 0900 - 1700	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>FREE THROW CONTEST</b> 0900 - 1700	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge  <b>FREE THROW CONTEST</b> 0900 - 1700	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>FREE THROW CONTEST</b> 0900 - 1700
16	17	18	19	20
0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>3 on 3 BASKETBALL TOURNEY</b> 1000 - 1100 / 1230 - 1330 / 1500 - 1600	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge  <b>3 on 3 BASKETBALL TOURNEY</b> 1000 - 1100 / 1230 - 1330 / 1500 - 1600	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>3 on 3 BASKETBALL TOURNEY</b> 1000 - 1100 / 1230 - 1330 / 1500 - 1600	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge  <b>3 on 3 BASKETBALL TOURNEY</b> 1000 - 1100 / 1230 - 1330 / 1500 - 1600	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge  <b>3 on 3 BASKETBALL TOURNEY</b> 1000 - 1100 / 1230 - 1330 / 1500 - 1600
23	24	25	26	27
0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge
30	31			
0600 - 0645 – Reset and Recharge 1000 - 1800 – Golf Range 1200 - 1245 – Reset and Recharge	0600 - 0645 – Reset and Recharge 0900 - 0945 – Yoga 1200 - 1245 – 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) KIAH BONANDER (KB)