

# FAMILY • MORALE • WELFARE • RECREATION

## MAY 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: BALANCE
4 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: BALANCE	5 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS: BALANCE 1100 - 1300 – BATTING	6 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: BALANCE	7 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS: BALANCE 1100 - 1300 – BATTING	8 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: BALANCE
11 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge	12 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 1100 - 1300 – BATTING	13 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0730 - 0900 – STRONG BANDS: YOU’LL NEVER RUN ALONE 5K RUN/WALK	14 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 1100 - 1300 – BATTING	15 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge
18 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: OBSTACLE COURSE	19 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS: OBSTACLE COURSE 1100 - 1300 – BATTING	20 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: OBSTACLE COURSE	21 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS OBSTACLE COURSE 1100 - 1300 – BATTING	22 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS OBSTACLE COURSE
25 <b>FITNESS CENTER CLOSED</b>  <b>HOLIDAY MEMORIAL DAY</b>	26 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS: FARMER’S WALK 1100 - 1300 – BATTING	27 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: FARMER’S WALK	28 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 1400 - 1445 – Yoga 0800 - 1700 – STRONG BANDS: FARMER’S WALK 1100 - 1300 – BATTING	29 0600 - 0645 – Reset and Recharge 1200 - 1245 – Reset and Recharge 0800 - 1700 – STRONG BANDS: FARMER’S WALK

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)