FAMILY · MORALE · WELFARE · RECREATION

NOVEMBER 2026
SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HIIT CLASS 1100 – 1200	3 STEP UP YOUR WORKOUT 1100 – 1200	4 HIIT CLASS 1100 – 1200	5 STEP UP YOUR WORKOUT 1100 – 1200	6 FRIDAY FITNESS CLASS 1100 – 1200
9 HIIT CLASS 1100 – 1200 Soccer Relay Race 1000 – 1300 Softball Field	10 STEP UP YOUR WORKOUT 1100 – 1200 Soccer Relay Race 1000 – 1300 Softball Field	11 FITNESS CENTER CLOSED HOLIDAY	12 STEP UP YOUR WORKOUT 1100 – 1200 Soccer Relay Race 1000 – 1300 Softball Field	13 FRIDAY FITNESS CLASS 1100 – 1200 Soccer Relay Race 1000 – 1300 Softball Field
16 HIIT CLASS 1100 – 1200	17 STEP UP YOUR WORKOUT 1100 – 1200	18 TURKEY TROT 0730 START FITNESS CENTER 103	19 STEP UP YOUR WORKOUT 1100 – 1200	20 FRIDAY FITNESS CLASS 1100 – 1200
23 HIIT CLASS 1100 – 1200	24 STEP UP YOUR WORKOUT 1100 – 1200	25 HIIT CLASS 1100 – 1200	26 FITNESS CENTER CLOSED HOLIDAY	27 FITNESS CENTER CLOSED HOLIDAY
30 HIIT CLASS 1100 – 1200				

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