

FAMILY • MORALE • WELFARE • RECREATION

OCTOBER 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			¹ STEP UP YOUR WORKOUT 1100 – 1200 RECREATION PLAY PING PONG	² FRIDAY FITNESS CLASS 1100 – 1200 RECREATION PLAY PING PONG
⁵ HIIT CLASS 1100 – 1200 RECREATION PLAY PING PONG CHARGE INTO SAFETY STEP CHALLENGE	⁶ STEP UP YOUR WORKOUT 1100 - 1200 RECREATION PLAY PING PONG CHARGE INTO SAFETY STEP CHALLENGE	⁷ HIIT CLASS 1100 – 1200 RECREATION PLAY PING PONG CHARGE INTO SAFETY STEP CHALLENGE	⁸ STEP UP YOUR WORKOUT 1100 - 1200 RECREATION PLAY PING PONG CHARGE INTO SAFETY STEP CHALLENGE	⁹ FRIDAY FITNESS CLASS 1100 – 1200 RECREATION PLAY PING PONG CHARGE INTO SAFETY STEP CHALLENGE
¹² FITNESS CENTER CLOSED HOLIDAY	¹³ GLOVES UP, GUARD UP, SPEAK UP Boxing and self-defense in support of Domestic Violence Prevention Month. 0900-1000 / 1200-1300	¹⁴ GLOVES UP, GUARD UP, SPEAK UP Boxing and self-defense in support of Domestic Violence Prevention Month. 0900-1000 / 1200-1300	¹⁵ GLOVES UP, GUARD UP, SPEAK UP Boxing and self-defense in support of Domestic Violence Prevention Month. 0900-1000 / 1200-1300	¹⁶ GLOVES UP, GUARD UP, SPEAK UP Boxing and self-defense in support of Domestic Violence Prevention Month. 0900-1000 / 1200-1300
¹⁹ HIIT CLASS 1100 – 1200 SOCCER PENALTY KICKS SOFTBALL FIELD 1200 - 1600	²⁰ STEP UP YOUR WORKOUT 1100 - 1200 SOCCER PENALTY KICKS SOFTBALL FIELD 1200 - 1600	²¹ HIIT CLASS 1100 – 1200 SOCCER PENALTY KICKS SOFTBALL FIELD 1200 - 1600	²² STEP UP YOUR WORKOUT 1100 - 1200 SOCCER PENALTY KICKS SOFTBALL FIELD 1200 - 1600	²³ FRIDAY FITNESS CLASS 1100 – 1200 SOCCER PENALTY KICKS SOFTBALL FIELD 1200 - 1600
²⁶ HIIT CLASS 1100 – 1200 SPOOKY SURVIVAL SPRINT	²⁷ STEP UP YOUR WORKOUT 1100 - 1200 SPOOKY SURVIVAL SPRINT	²⁸ HIIT CLASS 1100 – 1200 SPOOKY SURVIVAL SPRINT	²⁹ STEP UP YOUR WORKOUT 1100 - 1200 SPOOKY SURVIVAL SPRINT	³⁰ SPOOKY FITNESS WORKOUT 1100 – 1200 SPOOKY SURVIVAL SPRINT

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