

FAMILY • MORALE • WELFARE • RECREATION

SEPTEMBER 2026 SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SELF DIRECTED WORKOUT: YOGA AND PILATES 1 (26 MINUTES) YOGA AND PILATES 2 (30 MINUTES) SELF DIRECTED SPORTS PING PONG	2 SELF DIRECTED WORKOUT: CORE CARDIO (25 MINUTES) SPIN AND BURN (40 MINUTES)	3 SELF DIRECTED WORKOUT: TAE BO KICKS (40 MINUTES) YOGA (45 MINUTES) SELF DIRECTED SPORTS PING PONG	4 SELF DIRECTED WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
7 FITNESS CENTER CLOSED HOLIDAY	8 SELF DIRECTED WORKOUT: YOGA AND PILATES 1 (26 MINUTES) YOGA AND PILATES 2 (30 MINUTES) OBSTACLE COURSE	9 SELF DIRECTED WORKOUT: CORE CARDIO (25 MINUTES) SPIN AND BURN (40 MINUTES) OBSTACLE COURSE	10 SELF DIRECTED WORKOUT: TAE BO KICKS (40 MINUTES) YOGA (45 MINUTES) OBSTACLE COURSE	11 SELF DIRECTED WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES) OBSTACLE COURSE
14 SELF DIRECTED WORKOUT: UPPER BODY CHALLENGE (45 MIN) CARDIO DANCE JAM (45 MINUTES)	15 SELF DIRECTED WORKOUT: YOGA AND PILATES 1 (26 MINUTES) YOGA AND PILATES 2 (30 MINUTES) SELF DIRECTED SPORTS PING PONG	16 SELF DIRECTED WORKOUT: CORE CARDIO (25 MINUTES) SPIN AND BURN (40 MINUTES)	17 SELF DIRECTED WORKOUT: TAE BO KICKS (40 MINUTES) YOGA (45 MINUTES) SELF DIRECTED SPORTS PING PONG	18 SELF DIRECTED WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
21 SELF DIRECTED WORKOUT: UPPER BODY CHALLENGE (45 MIN) CARDIO DANCE JAM (45 MINUTES)	22 SELF DIRECTED WORKOUT: YOGA AND PILATES 1 (26 MINUTES) YOGA AND PILATES 2 (30 MINUTES) SELF DIRECTED SPORTS PING PONG	23 SELF DIRECTED WORKOUT: CORE CARDIO (25 MINUTES) SPIN AND BURN (40 MINUTES) WEIGHTLIFTING CHALLENGE	24 SELF DIRECTED WORKOUT: TAE BO KICKS (40 MINUTES) YOGA (45 MINUTES) SELF DIRECTED SPORTS PING PONG	25 SELF DIRECTED WORKOUT: TOTAL BODY CIRCUIT (25 MINUTES) FRIDAY FEVER (30 MINUTES)
28 SELF DIRECTED WORKOUT: UPPER BODY CHALLENGE (45 MIN) CARDIO DANCE JAM (45 MINUTES)	29 SELF DIRECTED WORKOUT: YOGA AND PILATES 1 (26 MINUTES) YOGA AND PILATES 2 (30 MINUTES) SELF DIRECTED SPORTS PING PONG	30 SELF DIRECTED WORKOUT: CORE CARDIO (25 MINUTES) SPIN AND BURN (40 MINUTES)		

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