

JANUARY 2026

SPORTS & FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NEW YEARS DAY FITNESS CENTER CLOSED	2 0600-0645 – Reset and Recharge 1000-1800 – Golf Range 1200-1245 – Reset and Recharge
5	6	7	8	9
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
12	13	14	15	16
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
19	20	21	22	23
MLK JR. DAY FITNESS CENTER CLOSED	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
26	27	28	29	30
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



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)