



Fitness Class Schedule

NOVEMBER 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	5:00 AM #3 Power - Vanessa			5:00 AM #3 Power - Vanessa		
5:15 AM	5:15 AM FFF- Aimee		5:15 AM FFF- Aimee		5:15 AM FFF- Aimee	
5:30 AM		5:30 AM #1 - Yoga - Tiffani		5:30 AM #1-Pilates- Tiffani		
7:30 AM			7:30 AM #1 Gentle Yoga-Julie	7:30 AM #2 Power - Debbie		
8:00 AM		8:15 AM #1 - Stretch & Tone - Gailyn	8:00 AM #3 Step Aerobics-Tiffani	8:15 AM #1 - Stretch & Tone - Gailyn		8:00 AM #3 Power - Debbie
8:30 AM	8:30 AM #2 Aerobic/Strength - Megan		8:30 AM #2 Aerobic/Strength - Megan		8:30 AM #2 Aerobic/Strength - Megan	
9:00 AM		9:00 AM Circuit Class-Wellness Center		9:00 AM Circuit Class-Wellness Center	8:45 AM #3 Biking - Mary	
9:30 AM	9:30 AM #2 Stretch & Tone - Gailyn		9:30 AM #2 Stretch & Tone - Gailyn		9:30 AM #2 Stretch & Tone - Gailyn	
10:15 AM	10:15 AM Active Chair-Dedra		10:15 AM Active Chair- Dedra		10:15 AM Active Chair-Dedra	
11:15 AM	11:15 AM Chair Only- Dedra		11:15 AM Chair Only- Dedra			
3:30 PM		3:30 PM #3-Middle School Body Blast- Jackson		3:30 PM #3-Middle School Body Blast- Jackson	CLASS LOCATIONS	
4:30 PM		4:30 PM #3-Core & Restore- Tiffani	4:30 PM #1-Stretch & Tone- Gailyn	4:30 PM- #3-Core & Restore- Tiffani		
	4:30 PM #2 Back to Basics - Dedra		4:30 PM #2 Back to Basics - Dedra		#1 Original Fitness Studio	Kennen Center
	4:30 PM #1 Yoga- Julie					
5:30 PM	5:30 PM #3 Step Up & Dance - Becky		5:30 PM #3 Step Up & Dance - Becky	5:30 PM #3 - TBT - Samantha	#2 Studio Closest to Office	Wellness Center
	5:30PM #2-Pound - Samantha		5:30 PM #2-Weight Wednesday-Samantha		#3 Studio Closest to Windows	Y Gym