



Fitness Class Schedule

JANUARY 2026

	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				
					CLASS LOCATIONS		
3:30 PM		3:30 PM #3–Middle School Body Blast– Jackson	3:30 PM #3–Middle School Body Blast– Jackson				
4:30 PM	4:30 PM #2 Back to Basics – Dedra	4:30 PM #3–Core & Restore– Tiffani	4:30 PM– #3–Core & Restore– Tiffani	#1 Original Fitness Studio			Kennen Center
	4:30 PM #1 Yoga– Julie						
			Starting 1/7/26 5:15 PM #1 – Yoga – Debbie	#2 Studio Closest to Office			Wellness Center
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		
	5:30PM #2–Pound – Samantha		5:30 PM #2–Weight Wednesday–Samantha		#3 Studio Closest to Windows	Y Gym	