



# Fitness Class Schedule

## MARCH 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 #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	8:30 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					<table border="1"> <thead> <tr> <th colspan="2">CLASS LOCATIONS</th> </tr> </thead> <tbody> <tr> <td>#1 Original Fitness Studio</td> <td>Kennen Center</td> </tr> <tr> <td>#2 Studio Closest to Office</td> <td>Wellness Center</td> </tr> <tr> <td>#3 Studio Closest to Windows</td> <td>Y Gym</td> </tr> </tbody> </table>		CLASS LOCATIONS		#1 Original Fitness Studio	Kennen Center	#2 Studio Closest to Office	Wellness Center	#3 Studio Closest to Windows	Y Gym
CLASS LOCATIONS														
#1 Original Fitness Studio	Kennen Center													
#2 Studio Closest to Office	Wellness Center													
#3 Studio Closest to Windows	Y Gym													
4:30 PM	4:30 PM #2 Back to Basics - Dedra	4:30 PM #3-Core & Restore- Tiffani	4:30 PM #2 Back to Basics - Dedra	4:30 PM- #3-Core & Restore- Tiffani										
			5:15 PM #1 - Yoga - Debbie											
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											