



# DECEMBER 2024

## FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	3 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)  1200 SOFTBALL BATTING	4 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	5 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 1330 – Softball Conditioning (RJ)	6 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
9 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	10 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)  1200 SOFTBALL BATTING	11 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	12 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	13 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
16 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	17 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)  1200 SOFTBALL BATTING	18 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18  JINGLE SLED CHALLENGE	19 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	20 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
23 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	24 NO CLASSES TODAY	25 <b>CLOSED HAPPY HOLIDAYS</b>	26 NO CLASSES TODAY	27 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
30 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	31 NO CLASSES TODAY			

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:  
FRANK JOHNSON (FJ) TYLER MEAHAN (TM)  
ROSS JARDINE (RJ) CARLOS REED (CR)  
LEANNA LINDSEY (LL) JUSTINA PEREZ (JP)  
ROBERT FOSTER (RF) EMILIO LOPEZ (EL)