



FEBRUARY 2025

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	4 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL)	5 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	6 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 1330 – Softball Conditioning (RJ)	7 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
10 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	11 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	12 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 CUPID GAMES BLDG. 103 ALL DAY	13 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1600 – Healthy Hustle (LL)	14 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
17 PRESIDENTS DAY FACILITY CLOSED	18 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	19 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	20 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1600 – Healthy Hustle (LL)	21 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
24 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	25 0730 – Morning Blast (RF) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	26 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 PING PONG GAMES BLDG. 103 ALL DAY	27 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1600 – Healthy Hustle (LL)	28 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis

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) JUSTINA PEREZ (JP)
LEANNA LINDSEY (LL) EMILIO LOPEZ (EL)
ROBERT FOSTER (RF)