



JANUARY 2025

FITNESS GROUP INSTRUCTION CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HAPPY NEW YEAR! FACILITY CLOSED	2 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) 1330 – Softball Conditioning (RJ)	3 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
6 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	7 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	8 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18 STRIVE AND THRIVE IN 2025	9 FACILITY CLOSED	10 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
13 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	14 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	15 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	16 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	17 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
20 Martin Luther King Day FACILITY CLOSED	21 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	22 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	23 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	24 0720 – Basic Exercise for Beginners (RF) 1030 – Circuit Training (RF) 1430 – Table Tennis
27 0720 – Basic Exercise for Beginners (RF) Metcon Monday – WHSE 18	28 0730 – Morning Blast (RF) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL) 1200 SOFTBALL BATTING	29 0720 – Basic Exercise for Beginners (RF) 0815 – Morning Blast (RF) Classic Workout – WHSE 18	30 0745 – Morning Blast (RF) 1330 – Softball Conditioning (RJ) 1400 – Kickboxing (CR) 1600 – Healthy Hustle (LL)	31 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)	CARLOS REED (CR)
LEANNA LINDSEY (LL)	JUSTINA PEREZ (JP)
ROBERT FOSTER (RF)	EMILIO LOPEZ (EL)