



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

STUDIO CLASSES FOR SEPTEMBER 1st - 30th

Revision Date: 09/07/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Stretch & Strength (60) Stephanie L - Studio A				Stretch & Strength (60) Stephanie L - Studio A	
6:15 AM	Cycling (60) David - Studio B		Cycling (60) David - Studio B			
8:00 AM	Yoga (60) Alma - Studio C *NEW CLASS*		Yoga (60) Alma - Studio C *NEW CLASS*		Yoga (60) Alma - Studio C *NEW CLASS*	
8:30 AM	Cardio Strength (60) Lori - Studio A					
9:00 AM		Stretch (60) Lisa - Studio A *New Class*		Zumba Gold (60) Carol - Studio A		
9:30 AM	Zumba Gold (60) Carol - Studio A					
10:30 AM		Balance & Strength (60) Lisa - Studio A				
11:00 AM	AOA (60) Lyndia - Studio A		AOA (60) Lyndia - Studio A	AOA (60) Lisa - Studio A (11:05AM)	AOA (60) Lyndia - Studio A	
1:00 PM	Enhance Fitness (60) Nola/Lori - Studio A *NEW Class*		Enhance Fitness (60) Nola/Lori - Studio A *NEW Class*		Enhance Fitness (60) Nola/Lori - Studio A *NEW Class*	
5:45 PM	Yoga (60) Tiffany - Studio C	Strength for All (60) Ted - Studio A	Step & Sculpt (60) Tiffany - Studio A	Strength for All (60) Tiffany - Studio A		
6:00 PM	Cycling (60) Stephanie - Studio B					
7:00pm		Deep Stretch (60) Joe - Studio A *New Class*				
6:00 PM						
7:00 PM						

ALL CLASSES are free for members
(xx) Duration of class times in minutes
Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.