



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

STUDIO CLASSES FOR NOVEMBER 1st - 30th

Revision Date: 10/08/2021

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|--|---|--|--|---|----------|
| 6:05 AM | Stretch & Strength (60) Stephanie L - Studio A | Low Impact (60) Anita - Studio A | | Low Impact (60) Anita - Studio A | Stretch & Strength (60) Stephanie L - Studio A | |
| 6:15 AM | Cycling (60) David - Studio B | | Cycling (60) David - Studio B | | | |
| 8:30 AM | Cardio Strength (60) Lori - Studio A | | | | | |
| 9:00 AM | | Stretch (60) Lisa - Studio A | | Zumba Gold (60) Carol - Studio A | | |
| 9:30 AM | Zumba Gold (60) Carol - Studio A | | | | "TaiChi" EnerChi by Silver Sneakers (60) Bob - Studio A | |
| 10:30 AM | | Balance & Strength (60) Lisa - Studio A | | | | |
| 11:00 AM | | | | AOA (60) Lisa - Studio A (11:05AM) | AOA (60) Lyndia - Studio A | |
| 1:00 PM | Enhance Fitness (60) Nola/Lori - Studio A | | Enhance Fitness (60) Nola/Lori - Studio A | | Enhance Fitness (60) Nola/Lori - Studio A | |
| 5:45 PM | Just Dance (60) Tiffany - Studio A | Strength for All (60) Ted - Studio A | Step & Sculpt (60) Tiffany - Studio A | Strength for All (60) Tiffany - Studio A | | |
| | Cycling (60) Stephanie - Studio B | Yoga (60) Tiffany - Studio C | Cycling (60) Stephanie - Studio B *Added Class* | | | |
| 6:00 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.