



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

STUDIO CLASSES FOR DECEMBER 1st - 31st

Revision Date: 11/11/2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Monday Morning Fusion (60) Stephanie L - Studio A *New Class*	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) Denise - 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			
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.