



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

STUDIO CLASSES FOR JANUARY 1ST – FEBRUARY 28TH

Revision Date: 1/04/22

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Fusion (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		Tabata (60) Marcy - Studio A New Class in Feb!	Spintastic (60) Marcy - Studio B New Class in Feb!		
9:00 AM		Stretch (60) Lisa - Studio A		Zumba Gold (60) Carol - Studio A		
9:30 AM	Zumba Gold (60) Carol - Studio A	Yoga Intermediate (60) Heather - Studio C		Yoga Intermediate (60) Heather - Studio C	AOA (60) Denise - Studio A	
10:30 AM		Balance & Strength (60) Lisa - Studio A				
10:45 AM		Yoga Beginner (60) Heather - Studio C		Yoga Beginner (60) Heather - Studio C		
11:00 AM				AOA (60) Lisa - Studio A (11:05AM)	"TaiChi" EnerChi by Silver Sneakers (60) Bob - 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	
5:30 PM	Functional Train (60) Joe - Main Area					
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				Fusion (60) Stephanie L - Studio A		
6:30pm	Deep Stretch (60) Joe - Studio C					

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.