



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

STUDIO CLASSES FOR May 1st – June 30th

Revision Date: 04/09/2022

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|---|---|---|---|---|
| 6:05 AM | Yoga to Restore (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 | Spintastic (60) Marcy - Studio B | | |
| 9:00 AM | | Stretch (60) Lisa - Studio A | | Zumba Gold (60) Carol - Studio A | | Get Ripped (60) Patty - Studio A |
| 9:30 AM | Zumba Gold (60) Carol - Studio A | Yoga Intermediate (60) Heather - Studio C | | Yoga Intermediate (60) Heather - Studio C | | |
| 9:45 AM | | | Step Aerobics (60) Patty - Studio A | | | |
| 10:30 AM | | Balance & Strength (60) Lisa - Studio A | | | | Core Conditioning (30) Patty - Studio A |
| 10:45 AM | | Yoga Beginner (60) Heather - Studio C | | Yoga Beginner (60) Heather - Studio C | | |
| 11:00 AM | | | Core Conditioning (30) Patty - Studio A | 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 | | | | Yoga to Restore (60) Stephanie L - Studio C | | |
| 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.