



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE - WINTER 2

SESSION

3/5/2018 - 5/6/2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	**Strength Train Together (60) Cathy - Studio A	Yoga Basics (60) Cathy - Studio C	Small Group Training w/ Karen (60) - Fit. Center	Lengthen & Strengthen (60) Jeanette - Studio C	**Cardio Blast (45) Dave - Studio A		
5:45am	Spinning (60) Dave - Studio B	Spinning (60) Linda - Studio B	**Cardio Blast (45) Rita - Studio A	Spinning (60) Linda - Studio B			
6:00am					Spinning (60) Marcy - Studio B		
7:00am							Spinning (60) Dave - Studio B
7:30am						Spinning (60) Rotating - Studio B	
8:00am					Fit & Fabulous Over 40 (30) Karen - Studio A	**Strength Train Together (60) Katie - Studio A	
8:30am	Women on Weights (60) Karen - Fit. Center		Women on Weights (60) Karen - Fit. Center				
8:30am			Bootcamp (60) Jeanette - Studio C				
8:45am	Yoga (60) Tracy - Studio C	Spintastic Strength & Core (75) Marcy - Studio B	Yoga (60) Tracy - Studio A	Cadence & Core (60) Marcy - Studio B	Tabata (60) Marcy - Studio A		
8:45am				**Strength Train Together (60) Molly - Studio A			
9:00am				Strength & Balance (50) Lisa - Studio C			
9:15am		**Strength Train Together (60) Whitney - Studio A				Zumba (60) Tiffany - Studio A	
10:00am	Barre Burn (60) Meghan - Studio A		Turning Point for Breast Cancer Survivors (60) Kathy P - Studio A	Zumba Gold Toning (60) Meghan - Studio A	Turning Point for Breast Cancer Survivors (60) Karen - Fit. Center		
10:15am				Baby Buddy Class (45) Molly - Studio C			
11:00am			Beginner Spinners (40) Linda - Studio B				
11:10am	**Active Older Adults (60) Rita - Studio A	**Active Older Adults (60) Lisa - Studio A		**Active Older Adults (60) Lisa - Studio A			
11:30am			**Silver Sneakers (60) Kathy P - Studio A		**Silver Sneakers (60) Kathy G - Studio A		

**Indicates free classes for members
 _____ Indicates bundle classes
 (xx) Duration of class times in minutes
 Shaded area indicates when tot watch is available