



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE – FALL 2

SESSION

FALL2: 10/23-12/10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	**Strength Train Together (60) Cathy - Studio A	<u>Yoga Basics (60) Cathy - Studio C</u>		Lengthen & Strengthen (60) Jeanette - Studio C	**Cardio Blast (45) Dave - Studio A		
5:45am	<u>Spinning (60) Dave - Studio B</u>	<u>Spinning (60) Linda - Studio B</u>	Small Group Training w/ Karen (60) - Fit. Center	<u>Spinning (60) Linda - Studio B</u>			
5:45am			**Cardio Blast (45) Rita - Studio A				
6:00am					<u>Spinning (60) Marcy - Studio B</u>		
7:00am							<u>Spinning (60) Dave - Studio B</u>
7:30am		NEW! Lengthen & Strengthen (60) Jeanette - Studio A				<u>Spinning (60) Rotating - Studio B</u>	
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			NEW! Bootcamp (60) Jeanette - Studio C				
8:45am		Spintastic Strength & Core (75) Marcy - Studio B	Yoga (60) Tracy - Studio A	Cadence & Core (60) Marcy - Studio B	Tabata (60) Marcy - Studio A		
9:00am	Barre Burn (60) Meghan - Studio C			Strength & Balance (50) Lisa - Studio			
9:00am				**Strength Train Together (60) Molly - Studio			
9:15am		**Strength Train Together (60) Whitney - Studio A				<u>Zumba (60) Tiffany - Studio A</u>	
10:00am	<u>Zumba Gold (60) Margie - Studio A</u>		Turning Point for Breast Cancer Survivors (60) Kathy - Studio A	<u>Zumba Gold Toning (60) Margie - Studio A</u>	Turning Point for Breast Cancer Survivors (60) Karen - Fit. Center		
10:20am						<u>Yoga/Pilates (60) Rotating - Studio A</u>	
10:30am							
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				

**Indicates free classes for members

 Indicates bundle classes

(xx) Duration of class times in minutes

Shaded area indicates when tot watch is available