



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE

SESSION

SUM1: 5/30-7/16

SUM2: 7/17-9/03

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	**Mix It Up (60) Anita/Molly - Studio A	Yoga Basics (60) Cathy - Studio C	Small Group Training w/ Karen (60) - Fit. Center	Lengthen & Strengthen (60) Jeanette - Studio C	**Mix It Up (60) Anita - Studio A		
5:45am	Spinning (60) Dave - Studio B	Spinning (60) Linda - Studio B	**Cardio Blast (60) Rita/TBD - Studio A	Spinning (60) Linda - Studio B			
6:00am					Spinning (60) Marcy - Studio B		
7:30am						Spinning (60) Rotating - Studio B	
7:45am							
8:00am					Fit & Fabulous Over 40 (30) Karen - Studio A	**Bootcamp (45) Sara/Monique - Studio A	
8:30am	Women on Weights (60) Karen — Fit. Center		Women on Weights (60) Karen — Fit. Center				
8:45am		Spintastic Strength & Core (75) Marcy - Studio B	Yoga for Back & Abs (60) Tracy - Studio C	Cadence & Core (60) Marcy - Studio B	Tabata (60) Marcy - Studio A		
9:00am				Strength & Balance (50) Lisa - Studio A			
9:15am						Zumba (60) Tiffany - Studio A	
9:30am		**Bootcamp (60) Sarah - Studio A					
10:00am	Zumba Gold (60) Margie - Studio A			Zumba Gold Toning (60) Margie - Studio A	Turning Point for Breast Cancer Survivors (60) Karen - Fit. Center		
10:15am			Turning Point for Breast Cancer Survivors (60) Kathy - Studio A			**Butts & Guts (45) Kate - Studio A	
10:30am					**Active Older Adults (60) Rita - Studio A		
11:10am		**Active Older Adults (60) Lisa - Studio A		**Active Older Adults (60) Lisa - Studio A			

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