



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
12:15pm	Spinning (30) Marcy - Studio B						
12:15pm	NEW! **Silver Sneakers (60) Kathy - Studio A						
1:30pm	Enhance Fitness (60) Kathy - Studio A		Enhance Fitness (60) Kathy - Studio A		Enhance Fitness (60) Kathy - Studio A		
5:30pm	Functional Training (60) Rita	Spinning (60) Kim - Studio B	Zumba (60) Gail - Studio A				
5:30pm		**Strength Train Together (60) Rotating - Studio A	Trail Cross Training (60) - Rita				
5:45pm	Zumba Toning (60) Gail - Studio A	Spinning (60) Kim - Studio B		**Strength Train Together (60) Tiffany - Studio A			
	Yoga (60) Tiffany - Studio C						
6:00pm			Beginning on the Blacktop (60) Kim - Fitness Center	Spinning (60) Joe - Studio B	**Power Circuit (60) Dave - Studio A		
6:15pm							
6:30pm		Women on Weights (60) Troy - Fit. Center	**Step & Sculpt (60) Tiffany - Studio A	Iron Brotherhood (60) Joe/Steve - Fit. Center			
6:45pm		Bike & Barre (60) Molly - Studio B					
7:00pm	Cardio Boxing (60) Abby - Studio A						
7:45pm		TRX HIIT (30) Molly - Studio A					

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