



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DEWITT FITNESS SCHEDULE - SUMMER

SESSION

SUM1: 5/30-7/16

SUM2: 7/17-9/03

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm							
12:15pm	Spinning (30) Marcy - Studio B						
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) Abby/Joe	**Bootcamp (60) Sara - Studio A					
5:45pm	Zumba (60) Gail - Studio A	Spinning (60) Kim - Studio B		Cardio Drumming (60) Tiffany - Studio A			
	Yoga (60) Tiffany - Studio C						
6:00pm							
6:15pm			**Step & Sculpt (60) Tiffany - Studio A				
6:30pm		Core Barre (45) Molly - Studio A		Iron Brotherhood (60) Joe/Steve - Fit. Center			
		Women on Weights (60) Troy - Fit. Center					
7:00pm	Cardio Boxing (60) Abby - Studio A						
7:15pm		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