

Patch Fitness Center



August 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$6/class or \$54 for 10 coupons *Special Pricing Applies				1 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	2 0900 Yoga w/ Taryn 1000 Zumba w/ Yvonne
4 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0900 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	5 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Yvonne	6 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0900 *SLAM 1015 Zumba w/ Wilfa 1200 HIIT 45 w/ Anais 1730 Power Sculpt w/ Jillian	7 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	8 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	9 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
11 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0900 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	12 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	13 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0900 *SLAM 1015 Zumba w/ Wilfa 1200 HIIT 45 w/ Anais 1730 Power Sculpt w/ Jillian	14 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	15 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	16 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
18 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	19 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Yvonne	20 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1200 HIIT 45 w/ Anais 1730 Power Sculpt w/ Jillian	21 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	22 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	23 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
25 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	26 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	27 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1200 HIIT 45 w/ Anais 1730 Power Sculpt w/ Jillian	28 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	29 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	30 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne