

# Patch Fitness Center



December 2024

## Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 0545 <del>SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy	3 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	4 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais	5 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa	6 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	7 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
9 0545 <del>SpinScience w/ JP</del> <del>0900 Tough Love Pilates w/ Naomi</del> 0930 *SLAM w/ Julie 1015 Zumba w/ Amy	10 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1215 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	11 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1800 Zumba w/ Anais	12 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa	13 0900 Barre Fusion w/ Naomi <del>1015 Zumba w/ Anais</del>	14 0900 Yoga for Rest & Recovery w/ Robin <del>1015 Zumba w/ Yvonne</del>
16 0545 <del>SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy	17 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa <del>1215 Yoga for Flexibility &amp; Posture w/ Yayoi</del> 1700 Zumba w/ Wilfa	18 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa	19 0545 *SLAM the Alarm 0545 <del>SpinScience w/ JP</del> 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa	20 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	21 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
23 <del>0545 SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy	24 <del>0545 *SLAM the Alarm</del> 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa <del>1215 Yoga for Flexibility &amp; Posture w/ Yayoi</del> <del>1700 Zumba w/ Wilfa</del>	25 <b>Federal Holiday No Classes</b>	26 <del>0545 *SLAM the Alarm</del> <del>0545 SpinScience w/ JP</del> <del>0830 PowerPlay w/ Anais</del> <del>0900 *Kickboxing w/ Erica</del> 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1700 Zumba w/ Wilfa	27 0900 Barre Fusion w/ Naomi <del>1015 Zumba w/ Anais</del>	28 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
30 <del>0545 SpinScience w/ JP</del> 0900 Tough Love Pilates w/ Naomi <del>0930 *SLAM w/ Julie</del> 1015 Zumba w/ Amy	31 <del>0545 *SLAM the Alarm</del> 0900 Muscle Pump w/ Amy <del>0930 *SLAM w/ Julie</del> 1015 Zumba w/ Wilfa <del>1215 Yoga for Flexibility &amp; Posture w/ Yayoi</del> <del>1700 Zumba w/ Wilfa</del>				Group Fitness Classes \$5/class or \$45 for 10 coupons *Special pricing applies