

Patch Fitness Center - January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
Group Fitness Classes \$6/class or \$54 for 10. *Special pricing applies.	All classes meet in group fitness room, except: Functional Fitness Room Boxing Room Husky Field or Basketball Court (weather)		1 Federal Holiday No Classes	2 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	3 0900 Yoga w/ Taryn 1015 Zumba w/ Yvonne 4
5 0830 Weightlifting w/ Nicole 0900 Pilates w/ Mandy 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	6 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	7 0545 SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	8 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	9 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	10 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 11
12 0830 Weightlifting w/ Nicole 0900 Pilates w/ Mandy 0930 SLAM* 1015 FUSE w/ Jennifer 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	13 0545 SLAM the Alarm 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	14 0545 SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	15 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	16 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	17 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 18
19 Federal Holiday No Classes	20 0545 SLAM the Alarm 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	21 0545 SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	22 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	23 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	24 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 25
26 0830 Weightlifting w/ Nicole 0900 Pilates w/ Mandy 0930 SLAM* 1015 FUSE w/ Jennifer 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	27 0545 SLAM the Alarm 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	28 0545 SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	29 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	30 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	31 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne