

Patch Fitness Center



January 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Federal Holiday No Classes	2 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	3 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	4 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
6 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy 1200 Strength 101 w/ A-M	7 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	8 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais	9 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	10 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	11 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
13 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy 1200 Strength 101 w/ A-M	14 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	15 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais	16 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	17 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	18 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
20 Federal Holiday No Classes	21 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	22 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais	23 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	24 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	25 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
27 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Amy 1200 Strength 101 w/ A-M	28 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	29 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais	30 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0830 PowerPlay w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	31 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	Group Fitness Classes \$5/class or \$45 for 10 coupons *Special pricing applies