

# Patch Fitness Center - December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
<b>1</b> <del>0830 Weightlifting w/ Nicole</del> 0900 Pilates w/ Mandy 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	<b>2</b> 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	<b>3</b> 0545 SLAM the Alarm <del>0830 Functional Fitness w/ Nicole</del> 0900 Pilates w/ Mandy 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	<b>4</b> 0545 SLAM the Alarm <del>0830 Strength Circuit w/ Anais</del> 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	<b>5</b> 0900 Pilates w/ Mandy <del>1015 Zumba w/ Anais</del>	<b>6</b> 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne <b>7</b>
<b>8</b> <del>0830 Weightlifting w/ Nicole</del> 0900 Tough Love Pilates w/ Naomi 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	<b>9</b> 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	<b>10</b> 0545 SLAM the Alarm <del>0830 Functional Fitness w/ Nicole</del> 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	<b>11</b> 0545 SLAM the Alarm <del>0830 Strength Circuit w/ Anais</del> 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	<b>12</b> 0900 Pilates w/ Mandy 1015 Zumba w/ Anais	<b>13</b> 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne <b>14</b>
<b>15</b> <del>0830 Weightlifting w/ Nicole</del> 0900 Pilates w/ Mandy 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	<b>16</b> 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	<b>17</b> 0545 SLAM the Alarm <del>0830 Functional Fitness w/ Nicole</del> 0900 Pilates w/ Mandy 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	<b>18</b> 0545 SLAM the Alarm <del>0830 Strength Circuit w/ Anais</del> 0900 Kickboxing w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	<b>19</b> 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	<b>20</b> 0900 Yoga w/ Taryn 1000 Zumba w/ Yvonne <b>21</b>
<b>22</b> <del>0830 Weightlifting w/ Nicole</del> 0900 Tough Love Pilates w/ Naomi 0930 SLAM* 1015 Zumba w/ Amy 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	<b>23</b> 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa <del>1200 Vinyasa Yoga w/ Yayoi</del> 1700 Zumba w/ Wilfa	<b>24</b> 0545 SLAM the Alarm <del>0830 Functional Fitness w/ Nicole</del> 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa <del>1730 PowerSculpt w/ Jillian</del>	<b>25</b> Federal Holiday No Classes	<b>26</b> 0900 Barre Fusion w/ Naomi <del>1015 Zumba w/ Anais</del>	<b>27</b> 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne <b>28</b>
<b>29</b> <del>0830 Weightlifting w/ Nicole</del> 0900 Tough Love Pilates w/ Naomi 0930 SLAM* 1015 Zumba w/ Amy <del>1730 HIIT 45 w/ Taryn</del> <del>1830 Candlelight Yoga w/ Taryn</del>	<b>30</b> 0545 SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 SLAM* 1015 Zumba w/ Wilfa <del>1200 Vinyasa Yoga w/ Yayoi</del> 1700 Zumba w/ Wilfa	<b>31</b> 0545 SLAM the Alarm <del>0830 Functional Fitness w/ Nicole</del> 0900 Pilates Fusion w/ Naomi 0930 SLAM* 1015 Zumba w/ Wilfa <del>1730 PowerSculpt w/ Jillian</del>		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)