

Patch Fitness Center



June 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Anais	3 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	4 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Power Sculpt w/ Jillian	5 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	6 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	7 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba Party w/ Anais
9 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Anais	10 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Taryn 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	11 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Power Sculpt w/ Jillian	12 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	13 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	14 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
16 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy	17 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	18 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Power Sculpt w/ Jillian	19 Federal Holiday No Classes	20 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	21 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
23 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy	24 0545 *SLAM the Alarm 0900 Muscle Pump w/ Mirka 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Yvonne	25 0545 *SLAM the Alarm 0545 SpinScience w/ JP 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM w/ Julie 1015 Zumba w/ Wilfa 1200 Sweat & Shred w/ Anais 1730 Power Sculpt w/ Jillian	26 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	27 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	28 0900 Yoga w/ Taryn 1015 Zumba w/ Yvonne
30 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy					Group Fitness Classes \$6/class or \$54 for 10 coupons *Special Pricing Applies