

Patch Fitness Center



October 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0545 *SLAM the Alarm 0730 unctional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	2 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	3 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	4 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne
6 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	7 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	8 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	9 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	10 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	11 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
13 Federal Holiday No Classes	14 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	15 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	16 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	17 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	18 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Anais
20 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	21 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	22 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	23 0545 SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 *Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 Zumba w/ Wilfa	24 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	25 0900 Yoga w/ Taryn 1015 Zumba w/ Yvonne
27 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	28 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa 1830 Halloween Yoga w/ Bobbi	29 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	30 0545 *SLAM the Alarm 0830 Strength Circuit w/ Anais 0900 Kickboxing w/ Erica 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Yoga for Flexibility & Posture w/ Yayoi 1700 2-hour Halloween Zumba Party w/ Wilfa	31 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	Group Fitness Classes \$6/class or \$54 for 10 coupons *Special Pricing Applies