

Patch Fitness Center



November 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$6/class or \$54 for 10 coupons *Special Pricing Applies	All classes meet in the group fitness room, except as indicated: Meet in the Functional Fitness Room Meet in the Boxing Room				1 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne
3 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Candlelight Yoga w/Taryn	4 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	5 0545 *SLAM the Alarm 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	6 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	7 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	8 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
10 0830 Weightlifting w/ Nicole 0900 Pilates w/ Mandy 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Candlelight Yoga w/Taryn	11 Federal Holiday No Classes	12 0545 *SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	13 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	14 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	15 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Anais
17 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Candlelight Yoga w/Taryn	18 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	19 0545 *SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	20 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	21 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1730 Friendsgiving Zumba	22 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
24 0830 Weightlifting w/ Nicole 0900 Pilates w/ Mandy 0930 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Candlelight Yoga w/Taryn	25 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	26 0545 *SLAM the Alarm 0830 Functional Fitness w/ Nicole 0900 Pilates w/ Mandy 0930 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	27 Federal Holiday No Classes	28 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	29 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne