

Patch Fitness Center



February 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
3 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/Julie	4 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	5 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 1730 Yoga Sculpt w/ Jillian	6 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 VinyasaYoga w/ Yayoi 1700 Zumba w/ Wilfa	7 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	8 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
10 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/Julie	11 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	12 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 1730 Yoga Sculpt w/ Jillian	13 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	14 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	15 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
17 Federal Holiday No Classes	18 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	19 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 1730 Yoga Sculpt w/ Jillian	20 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	21 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais 1200 Strength & Mobility w/ Mirka	22 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
24 0545 SpinScience w/ JP 0900 Tough Love Pilates w/ Naomi 0930 *SLAM w/ Taryn 1015 Zumba w/ Amy 1200 Vinyasa Flow w/ Julie	25 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	26 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 1730 Yoga Sculpt w/ Jillian	27 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	28 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