

Patch Fitness Center - February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
Group Fitness Classes \$6/class or \$54 for 10. *Special pricing applies.	All classes meet in the group fitness room, except as indicated by color	Other locations: Functional Fitness Room Boxing Room Husky Field or Basketball Court (weather)			1 0900 Pilates w/ Mandy
2 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 FUSE w/ Jennifer 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	3 0545 SLAM the Alarm* 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	4 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	5 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	6 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	7 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 8 0900 Pilates w/ Mandy
9 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba+Lift w/ Anais 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	10 0545 SLAM the Alarm* 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	11 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	12 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	13 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	14 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 15 0900 Pilates w/ Mandy
16 Federal Holiday No Classes	17 0545 SLAM the Alarm* 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	18 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	19 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	20 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	21 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne 22 0900 Pilates w/ Mandy
23 0600 Sunrise Pilates w/ Mandy 0830 Weightlifting w/ Nicole 0930 SLAM* 1015 Zumba w/ Anais 1730 HIIT 45 w/ Taryn 1830 Candlelight Yoga w/ Taryn	24 0545 SLAM the Alarm* 0900 Muscle Pump w/ Jennifer 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	25 0545 SLAM the Alarm* 0830 Functional Fitness w/ Nicole 0930 SLAM* 1015 Zumba w/ Wilfa 1730 PowerSculpt w/ Jillian	26 0545 SLAM the Alarm* 0830 Strength Circuit w/ Anais 0900 Kickboxing* w/ Erica 0930 SLAM* 1015 Zumba w/ Wilfa 1200 Yoga for Flex. & Posture w/ Yayoi 1700 Zumba w/ Wilfa	27 0600 Sunrise Pilates w/ Mandy 1015 Zumba w/ Anais	28 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne