

Patch Fitness Center



September 2025

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Federal Holiday No Classes	2 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	3 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	4 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/ Yvonne	5 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	6 0900 Yoga for Rest & Recovery w/ Robin 1000 Zumba w/ Yvonne
8 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0900 *SLAM 1015 Zumba w/ Amy 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	9 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Yvonne	10 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0900 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	11 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/ Yvonne	12 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	13 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
15 0830 Weightlifting w/ Nicole 0900 Tough Love Pilates w/ Naomi 0900 *SLAM 1015 Zumba w/ Anais 1730 HIIT 45 w/Taryn 1830 Slow Flow Yoga w/Taryn	16 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0900 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa	17 0545 *SLAM the Alarm 0730 Functional Fitness w/ Nicole 0900 Pilates Fusion w/ Naomi 0900 *SLAM 1015 Zumba w/ Wilfa 1730 Power Sculpt w/ Jillian	18 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	19 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	20 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Anais
22 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	23 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Yvonne	24 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	25 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	26 0900 Barre Fusion w/ Naomi 1015 Zumba w/ Anais	27 0900 Yoga for Rest & Recovery w/ Robin 1015 Zumba w/ Yvonne
29 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	30 0545 *SLAM the Alarm 0900 Muscle Pump w/ Amy 0930 *SLAM 1015 Zumba w/ Wilfa 1200 Vinyasa Yoga w/ Yayoi 1700 Zumba w/ Wilfa				Group Fitness Classes \$6/class or \$54 for 10 coupons *Special Pricing Applies