DeWitt Fitness Center - June 2026

Instructor break June 28th-July 5th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
	7:30AM- Senior Stretch-char 8:00 AM Zoom Cardio-Ilene* 8:30AM Water Exercise-Char 8:30 Am Body Pump-Kelli 9:30 Am water Volleyball 5:30 PM Step Aerobics-Kate 7:00 PM Taekwondo	5:05 AM Body Pump-Mary 7:30 AM Senior Fitness-Kari-Peggy 8:00 AM Zoom Bootcamp- Ilene* 8:30 AM Core Strength-Kelli 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga -Peggy 5:30 PM Body Pump- Ilene	7:30 am Senior Functional Fitness-Kari 8:00 AM Zoom Cardio-Ilene* 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Carrie 7:30 AM Senior Fitness-Kari-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Senior Stretchh-Kari 8:00 AM -Zoom Bootcamp-Ilene* 8:30 AM Bootcamp-Kari 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM Body Pump-Mary
12	13	14	15	16	17	18
11:15 Cycle core-Mary 12:00-Yoga-Betty	7:30AM- Senior Stretch-Kari 8:00 AM Zoom Cardio-Ilene* 8:30AM Water Exercise-Char 8:30 Am Body Pump-Kari 9:30 Am water Volleyball 5:30 PM Step Aerobics-Kate 7:00 PM Taekwondo	5:05 AM Body Pump-Kelli 7:30 AM Senior Fitness-Kari-Kari 8:00 AM Zoom Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga-Kari 5:30 PM Body Pump- Carrie	7:30 am Senior Functional Fitness-Kari 8:00 AM Zoom Cardio-Ilene* 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Peggy 9:30 AM Water Volleyball 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-no class	5:05 AM Body Pump-Mary 7:30 AM Senior Fitness-Kari-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Senior Stretch-Kari 8:00 AM -Zoom Bootcamp-Ilene* 8:30 AM Bootcamp-Kari 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM Body Pump-Carrie
19	20	21	22	23	24	25
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:30AM- Senior Stretch-Kari 8:00 AM Zoom Cardio-Ilene* 8:30AM Water Exercise-Peggy 8:30 Am Body Pump-Kari 9:30 Am water Volleyball 5:30 PM Step Aerobics-Kate 7:00 PM Taekwondo	5:05 AM Body Pump-Mary 7:30 AM Senior Fitness-Kari 8:00 AM Zoom Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga-Kari 5:30 PM Body Pump- Ilene	7:30 am Senior Functional Fitness-Kari 8:00 AM Zoom Cardio-Ilene* 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Peggy 9:30 AM Water Volleyball 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Carrie 7:30 AM Senior Fitness-Kari-Peggy 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Carrie 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga-Peggy 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Senior Stretch-Kari 8:00 AM -Zoom Bootcamp-Ilene* 8:30 AM Bootcamp-Kari 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM Body Pump-Carrie
26	27	28	29	30	31	
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:30AM- Senior Stretch-Kari 8:00 AM Zoom Cardio-Ilene* 8:30AM Water Exercise-Char 8:30 Am Body Pump-Kari 9:30 Am water Volleyball 5:30 PM Step Aerobics-Kate 7:00 PM Taekwondo	5:05 AM Body Pump-Kelli 7:30 AM Senior Fitness-Kari-Kari 8:00 AM Zoom Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga-Kari 5:30 PM Body Pump- Carrie	7:30 am Senior Functional Fitness-Kari 8:00 AM Zoom Cardio-Ilene* 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Mary 7:30 AM Senior Fitness-Kari-Peggy 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Carrie 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/yoga-Peggy 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Senior Stretch-Diane 8:00 AM -Zoom Bootcamp-Ilene 8:30 AM Bootcamp-Diane 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	DFC DEWITT FITNESS CENTER * online class(zoom) Meeting ID 5636595127