

DeWitt Fitness Center - January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 January 2026		* online class(zoom) Meeting ID 5636595127 Password 123456		1 New Year's Day DFC Closed 	2 7:30AM- Sr. Stretch-Diane 8:00 AM -Boomer Bootcamp-Ilene* 8:30 AM Bootcamp-Diane 8:30 AM Water Exercise-Kari 9:30 AM water Volleyball	3 7:00 AM Jump Start-Kate 7:05 AM BP-Carrie
4	5	6	7	8	9	10
11:15 cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 5:30 PM Step-Kate 6:00 PM Bootcamp-Apryl	5:05 AM BP-Kelli 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Kelli 7:30 am Sr.Functional Fitness-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 4:00 PM Water Exercise-Paula 5:30 PM Step-Kate 6:00 PM Cycle Core-Apryl	5:05 AM BP-Carrie 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave /stretch-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:30AM- Sr. Stretch-Kari 8:00 AM -Boomer 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 BP-Carrie
11	12	13	14	15	16	17
11:15 Cycle core-Apryl 12:00-Yoga-Betty-no class	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM water Volleyball 5:30 PM Step-Kate 6:00 PM Bootcamp-Apryl	5:05 AM BP-Kelli 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Kelli 7:30 am Sr.Functional Fitness-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 4:00 PM Water Exercise-Paula 5:30 PM Step-Kate 6:00 PM Cycle Core-Apryl	5:05 AM BP-Carrie 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:30AM- Sr. Stretch-Diane 8:00 AM -Boomer Bootcamp-Ilene* 8:30 AM Bootcamp-Diane 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM BP-Carrie
18	19	20	21	22	23	24
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-Kari 8:00 AM Boomer Cardio-Ilene* 8:30AM Water Exercise-Char 8:30 Am BP-Kari 9:30 Am water Volleyball 5:30 PM Step-Kate 6:00 PM Bootcamp-Apryl	5:05 AM BP-Kelli 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Kelli 7:30 am Sr.Functional Fitness-Peggy 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kelli 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 4:00 PM Water Exercise-Paula 5:30 PM Step-Kate 6:00 PM Cycle Core-Apryl	5:05 AM BP-Carrie 7:30 AM Sr Fitness-Peggy 8:00 AM Boomer Pump- Ilene* 8:30 AM Core Strength-Kelli 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Peggy 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:30AM- Sr. Stretch-Diane 8:00 AM -Boomer Bootcamp-Ilene* 8:30 AM Bootcamp-Diane 8:30 AM Water Exercise-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM BP-Carrie
25	26	27	28	29	30	31
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM water Volleyball 5:30 PM Step-Kate 6:00 PM Bootcamp-Apryl	5:05 AM BP-Kelli 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Bootcamp- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM BP- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Kelli 7:30 am Sr.Functional Fitness-Kari 8:00 AM Boomer Cardio-Ilene* 8:30 Am BP-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 4:00 PM Water Exercise-Paula 5:30 PM Step-Kate 6:00 PM Cycle Core-Apryl	5:05 AM BP-Ashley 7:30 AM Sr Fitness-Kari 8:00 AM Boomer Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 5:30 PM BP- Kelli 7:00 PM Taekwondo	7:30AM- Sr. Stretch-Kari 8:00 AM -Boomer 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 BP-Kari