





DeWitt Fitness Center - May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
		* online class(zoom) Meeting ID 5636595127 Password 123456			7:30AM- Sr. Stretch-Diane 8:00 AM -Zoom Bootcamp-canceled 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 Body Pump-Carrie
3	4	5	6	7	8	9
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-Kari 8:00 AM Zoom Cardio-canceled 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Char 9:30 AM Water Volleyball 5:30 PM Step Aerobics-Kate	5:05 AM Body Pump-Kelli 7:30 AM Sr Fitness-Kari 8:00 AM Zoom Bootcamp- canceled 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 Body Pump- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Mary 7:30 am Sr.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 4:00 PM Water Exercise-Paula 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Mary 7:30 AM Sr Fitness-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave /stretch-Kari 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Sr. 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
10	11	12	13	14	15	16
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. Stretch-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	5:05 AM Body Pump-Kari 7:30 AM Sr 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/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Kelli 7:30 am Sr.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 4:00 PM Water Exercise-Paula 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Carrie 7:30 AM Sr Fitness-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Sr. Stretch-Diane 8:00 AM -Zoom Bootcamp-Ilene* 8:30 AM Bootcamp-Diane 8:30 AM Core Strength-Peggy 9:30 AM water Volleyball	7:00 AM Jump Start-Kate 7:05 AM Body Pump-Kari
17	18	19	20	21	22	23
11:15 Cycle core-Apryl 12:00-Yoga-Betty	7:00 AM Water Cardio-Diane 7:30AM- Sr. 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	5:05 AM Body Pump-Kelli 7:30 AM Sr 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/stretch-Kari 11:45 AM Cycle Core-Kari 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:00 am Water Cardio-Mary 7:30 am Sr.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 4:00 PM Water Exercise-Paula 5:30 PM Step Aerobics-Kate 6:00 PM Cycle Core-Apryl	5:05 AM Body Pump-Carrie 7:30 AM Sr Fitness-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari 5:30 PM Body Pump- Ilene 7:00 PM Taekwondo	7:30AM- Sr. 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-Mary
24	25	26	27	28	29	30
11:15 Cycle core-Apryl 12:00-Yoga-Betty	Memorial Day DFC closed	5:05 AM Body Pump-Kelli 7:30 AM Sr 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/stretch-Kari	7:00 am Water Cardio-Mary 7:30 am Sr.Functional Fitness-Kari 8:00 AM Zoom Cardio-Ilene* 8:30 Am Body Pump-Kari 8:30AM Water Exercise-Mary 9:30 AM Water Volleyball	5:05 AM Body Pump-Mary 7:30 AM Sr Fitness-Kari 8:00 AM Zoom Pump- Ilene* 8:30 AM Core Strength-Kari 8:30 AM Water Exercise-Marsha 9:30 AM Wave Strength/stretch-Kari	7:30AM- Sr. Stretch-Diane 8:00 AM -Zoom 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 Body Pump-Mary
31						
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