ALFRED JENKINS FIELD HOUSE

DROP-IN FITNESS CLASSES

December 2026

Updated Nov 25

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		9:30 - 10:30 AM Easy Adult Fitness *Dolores*		9:30 - 10:30 AM Easy Adult Fitness *Dolores*		9:30 - 10:20 AM Stride & Strength *Cindy*
		12:15 - 12:45 PM Core Workout *Suzie*	12:15 - 12:45 PM Floor Cardio *Josie*	12:15 - 12:45 PM Get Ripped *Suzie*	12:15 - 12:45 PM Yoga *Suzie*	
					1:00 - 2:00 PM Light Adult Fitness RIP/Core Pilates *Suzie*	
		4:30 - 5:20 PM Band Bootcamp *Shay*		4:30 - 5:20 PM Spin & Sculpt *Suzie*		
		5:30 - 6:20 PM Yoga *Josie*	5:30 - 6:00 PM Spin + Tabata Weights *Shelly*	5:30 - 6:20 PM Step Into Fitness *Cindy*		
6	7	8	9	10	11	12
		9:30 - 10:30 AM Easy Adult Fitness *Suzie*		9:30 - 10:30 AM Easy Adult Fitness *Suzie*		9:30 - 10:20 AM Stride & Strength *Cindy*
	12:15 - 12:45 PM Spin *Suzie*	12:15 - 12:45 PM Core Workout *Suzie*	12:15 - 12:45 PM Turf Interval *Josie*	12:15 - 12:45 PM Get Ripped *Josie*	12:15 - 12:45 PM Yoga *Suzie*	
	1:00 - 2:00 PM Light Adult Fitness Yoga *Suzie*		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga *Suzie*		1:00 - 2:00 PM Light Adult Fitness Track Interval *Suzie*	
		4:30 - 5:20 PM Total Body Conditioning *Shay*		4:30 - 5:20 PM Spin & Sculpt *Suzie*		
	5:30 - 6:20 PM Stride & Strength *Cindy*	5:30 - 6:20 PM Yoga *Josie*	5:30 - 6:00 PM 30 Min Spin *Suzie*	5:30 - 6:20 PM Body Sculpt *Cindy*		
13	14	15	16	17	18	19
		9:30 - 10:30 AM Easy Adult Fitness *Josie*		9:30 - 10:30 AM Easy Adult Fitness *Dolores*		9:30 - 10:20 AM Stride & Strength *Cindy*
	12:15 - 12:45 PM Spin *Josie*	12:15 - 12:45 PM Core Workout *Josie*	12:15 - 12:45 PM Spin *Suzie*	12:15 - 12:45 PM Get Ripped *Suzie*	12:15 - 12:45 PM Yoga *Josie*	
	1:00 - 2:00 PM Light Adult Fitness Total Body Conditioning *Shay*		1:00 - 2:00 PM Light Adult Fitness Yoga *Suzie*		1:00 - 2:00 PM Light Adult Fitness RIP/Core Pilates *Josie*	
		4:30 - 5:20 PM Band Bootcamp *Shay*		4:30 - 5:20 PM Spin & Sculpt *Suzie*		
	5:30 - 6:20 PM Stride & Strength *Cindy*	5:30 - 6:20 PM Yoga *Suzie*	5:30 - 6:00 PM 30 Min Spin *Josie*	5:30 - 6:20 PM Kickboxing *Cindy*		
20	21	22	23	24	25	26
		9:30 - 10:30 AM Easy Adult Fitness *Dolores*		9:30 - 10:30 AM Easy Adult Fitness *Suzie*		
	12:15 - 12:45 PM Spin *Josie*	12:15 - 12:45 PM Core Workout *Suzie*	12:15 - 12:45 PM Floor Cardio *Josie*	12:15 - 12:45 PM Get Ripped *Suzie*		
	1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio *Suzie*		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga *Josie*		**NO CLASSES**	**NO CLASSES**
		4:30 - 5:20 PM Total Body Conditioning *Suzie*				
	5:30 - 6:20 PM Stride & Strength *Cindy*	5:30 - 6:20 PM Yoga *Josie*	5:30 - 6:00 PM 30 Min Spin *Suzie*			
27	28	29	30	31		
		9:30 - 10:30 AM Easy Adult Fitness *Dolores*		9:30 - 10:30 AM Easy Adult Fitness *Josie*		
	12:15 - 12:45 PM Spin *Suzie*	12:15 - 12:45 PM Core Workout *Josie*	12:15 - 12:45 PM Spin *Suzie*	12:15 - 12:45 PM Get Ripped *Josie*		
	1:00 - 2:00 PM Light Adult Fitness Zumba *Zirkia*		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga *Zirkia*			
		4:30 - 5:20 PM Band Bootcamp *Suzie*				
	5:30 - 6:20 PM Track Interval *Zirkia*	5:30 - 6:20 PM Yoga *Suzie*	5:30 - 6:00 PM 30 Min Spin *Josie*			