ALFRED JENKINS FIELD HOUSE

DROP-IN FITNESS CLASSES

November 2026

Updated Nov 2

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