



TEHAMA FAMILY FITNESS CENTER CLASS SCHEDULE 2026

Monday

Time	Class	Instructor
6:00 AM	Spin	Karla
8:15 AM	Zumba Tone	Tonnie
9:30 AM	Tone Zone	Kristi
10:00 AM	Mat Pilates	Jamie
4:30 PM	Body Burner	Roxane
5:30 PM	Tone Zone	Kristi
5:30 PM	Spin	Roxane

Tuesday

Time	Class	Instructor
5:30 AM	Body Burner	Roxane
6:00 AM	Mobility & Stretch	Tami
7:00 AM	Tai Chi	Kevin
9:00 AM	Cardio Circuit	Kevin
9:30 AM	Yoga	Jamie
10:30 AM	Drums Alive	Kevin
12:00 PM	SilverSneakers	Kevin
5:30 PM	Spin	Roxane
5:30 PM	Yoga	Natalie
6:15 PM	Band Sculpt	Morgan

Wednesday

Time	Class	Instructor
6:00 AM	Spin	Karla
8:15 AM	Zumba Tone	Tonnie
9:30 AM	Tone Zone	Aubrie
10:00 AM	Mat Pilates	Jamie
4:30 PM	Body Burner	Roxane
5:30 PM	Tone Zone	Kristi
5:30 PM	Spin	Roxane

Thursday

Time	Class	Instructor
5:30 AM	Body Burner	Roxane
6:00 AM	Mobility & Stretch	Tami
7:00 AM	Tai Chi	Kevin
9:00 AM	Cardio Circuit	Kevin
9:30 AM	Yoga	Jamie
10:30 AM	Drums Alive	Kevin
12:00 PM	SilverSneakers	Kevin
5:30 PM	AMRAP	Derek
5:30 PM	Yoga	Natalie
6:15 PM	Band Sculpt	Morgan

Friday

Time	Class	Instructor
6:00 AM	Spin	Kris
7:00 AM	Tai Chi	Kevin
8:15 AM	Zumba Tone	Tonnie
9:30 AM	Lean & Mean	Aubrie
10:00 AM	Mat Pilates	Jamie
10:30 AM	Drums Alive	Kevin
12:00 PM	SilverSneakers	Kevin

Monday–Friday: 5:00 AM – 8:00 PM | Saturday & Sunday: 8:00 AM – 6:00 PM
2498 S. Main St. • Red Bluff, CA 96080