



TEHAMA FAMILY FITNESS CENTER

CLASS SCHEDULE

2023



Monday		
6:00 AM	Spin	Karla
7:00 AM	Tai Chi	Kevin
8:15 AM	Zumba Tone	Tonnie
8:30 AM	Spin	Jami
9:30 AM	Tone Zone	Kyle
10:30 AM	Mat Pilates	Jamie
10:30 AM	Drums Alive	Kevin
12:00 Noon	SilverSneakers	Kevin
4:30 PM	Body Burner	Roxane
5:30 PM	Tone Zone	Aubrie
5:30 PM	Spin	Roxane
5:30 PM	Yoga	Jami

Tuesday		
5:30 AM	Hybrid	Roxane
6:00 AM	Mobility&Stretch	Tami
6:00 AM	Spin	Kris
7:00 AM	Tai Chi	Kevin
9:00 AM	Cardio Circuit	Kevin
9:30 AM	Yoga	Jami
5:30 PM	Kettlebell	Kristy
5:30 PM	Spin	Roxane
5:30 PM	Yoga	Natalie
6:30 PM	Pickleball	

Wednesday		
6:00 AM	Spin	Karla
7:00 AM	Tai Chi	Kevin
8:15 AM	Zumba Tone	Tonnie
9:30 AM	Tone Zone	Aubrie
10:30 AM	Mat Pilates	Jamie
10:30 AM	Drums Alive	Kevin
12:00 Noon	SilverSneakers	Kevin
4:30 PM	Body Burner	Roxane
5:30 PM	Tone Zone	Kristy
5:30 PM	Spin	Roxane
5:30 PM	Yoga	Kait

Thursday		
5:30 AM	Hybrid	Roxane
6:00 AM	Mobility/Stretch	Tami
7:00 AM	Tai Chi	Kevin
8:30 AM	Spin	Jami
9:00 AM	Cardio Circuit	Kevin
9:30 AM	Yoga	Kait
5:30 PM	Kettlebell	Jill
5:30 PM	Yoga	Natalie
6:30 PM	Pickleball	

Friday		
5:30 AM	Body Burner	Roxane
6:00 AM	Spin	Kris
7:00 AM	Tai Chi	Kevin
8:15 AM	Zumba Tone	Tonnie
9:30 AM	Lean & Mean	Aubrie
10:30 AM	Mat Pilates	Jamie
10:30 AM	Drums Alive	Kevin
12:00 Noon	SilverSneakers	Kevin

Saturday		
8:30 AM	Spin	TFFC Staff
8:30 AM	Pickleball	

Fitness Center Hours
Monday-Friday
5:00am-8:00pm
Saturday & Sunday
8:00am-6:00pm