



TEHAMA FAMILY FITNESS CENTER CLASS SCHEDULE



2021

Monday		
6:00 AM	Spin	Karla
7:15 AM	Tai Chi	Kevin
8:15 AM	Zumba Tone	Tonnie
8:30 AM	Spin	Amie
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/Kyle
5:30 PM	Spin	Roxane

Tuesday		
5:30 AM	Hybrid	Roxane
6:00 AM	Mobility&Stretch	Tami
6:00 AM	Spin	Kris
7:15 AM	Tai Chi	Kevin
9:00 AM	Cardio Circuit	Kevin
9:20 AM	Yoga	Sally
5:30 PM	Kettlebell	Kristy
5:30 PM	Spin	Roxane
5:45 PM	U-Jam	Jessica/Rosie
6:30 PM	Pickleball	

Wednesday		
6:00 AM	Spin	Karla
7:15 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
5:45 PM	U-Jam	Jessica/Rosie

Thursday		
5:30 AM	Hybrid	Roxane
6:00 AM	Mobility/Stretch	Tami
6:00 AM	Spin	Kris
7:15 AM	Tai Chi	Kevin
8:30 AM	Spin	Jami
9:00 AM	Cardio Circuit	Kevin
5:30 PM	Kettlebell	Ty

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

Friday		
5:30	Body Burner	Roxane
6:00	Spin	Kris
7:15	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

Fitness Center Hours

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

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