

FALL (1st half) 2026

August 24th

October 16th

SIGN UP HERE:



Community Exercise Outreach

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00AM - 7:45AM	WEIGHT TRAINING HREC 230	CORE TRAINING SPEC GROUP EX	WEIGHT TRAINING HREC 230	CORE TRAINING SPEC GROUP EX
NOON - 12:45PM	NOON BURN SPEC GROUP EX	RESISTANCE TRAINING SPEC GROUP EX	NOON BURN SPEC GROUP EX	RESISTANCE TRAINING SPEC GROUP EX
6:00PM - 6:30PM		YOGA DOUGLASS YOUTH CENTER 902 S 2 ND ST.		YOGA DOUGLASS YOUTH CENTER 902 S 2 ND ST.
6:30PM - 7:00PM		PILATES DOUGLASS YOUTH CENTER 902 S 2 ND ST.		PILATES DOUGLASS YOUTH CENTER 902 S 2 ND ST.
6:00PM - 7:00PM	FITNESS WALKING STUDENT RECREATION CENTER TRACK		FITNESS WALKING STUDENT RECREATION CENTER TRACK	

Community Exercise Outreach

