



DIVERSIFIED FITNESS CLUB

October 2026 group fitness

195 Mayer Road, Frankenmuth, MI 48734 | 989-652-4067 | All times local

All weeks combined. Attend only on the dates listed for each class.

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 AM - 7:15 AM Cycling Jim Dates: 5, 12, 19, 26	8:10 AM - 9:00 AM Fitness Fusion Jenee Dates: 6, 13, 20, 27	6:15 AM - 7:15 AM Cycling Dates: 7, 14, 21, 28	8:15 AM - 9:00 AM Total Body Strength Amy Dates: 1, 8, 15, 22, 29	8:05 AM - 8:50 AM Circuits with Sara Dates: 2, 9, 16, 23, 30
8:10 AM - 8:55 AM Gentle Yoga Tessa Dates: 5, 12, 19, 26	9:10 AM - 9:40 AM Core Danielle Dates: 6, 13, 20, 27	8:10 AM - 8:55 AM Gentle Yoga Dates: 7, 14, 21, 28	9:10 AM - 9:40 AM TRX Steph Dates: 1, 8, 15, 22, 29	9:05 AM - 9:45 AM Strength & Tone Amy Dates: 2, 9, 16, 23, 30
9:05 AM - 9:50 AM Gentle Yoga Tessa Dates: 5, 12, 19, 26	10:00 AM - 11:20 AM Rock Steady Boxing (3/4) Steph/Jenee Dates: 6, 13, 20, 27	9:05 AM - 9:50 AM Stretch & Tone Danielle Dates: 7, 14, 21, 28	10:00 AM - 11:20 AM Rock Steady Boxing (3/4) Jenee/Steph Dates: 1, 8, 15, 22, 29	10:00 AM - 10:55 AM Christian Yoga Tessa Dates: 2, 9, 16, 23, 30
10:05 AM - 10:50 AM SilverSneakers Danielle Dates: 5, 12, 19, 26	11:00 AM - 12:30 PM Rock Steady Boxing Steph/Jenee Dates: 6, 13, 20, 27	10:05 AM - 10:50 AM SilverSneakers Danielle Dates: 7, 14, 21, 28	11:00 AM - 12:30 PM Rock Steady Boxing Jenee/Steph Dates: 1, 8, 15, 22, 29	11:10 AM - 11:55 AM SilverSneakers Yoga Tessa Dates: 2, 9, 16, 23, 30
11:00 AM - 12:30 PM Rock Steady Boxing Danielle/Steph Dates: 5, 12, 19, 26	1:00 PM - 1:45 PM SilverSneakers Yoga Tessa Dates: 6, 13, 20, 27	5:30 PM - 6:30 PM Cycling Ann Dates: 7, 14, 21, 28	5:30 PM - 6:30 PM HIIT group - no instructor Dates: 1, 8, 15, 22, 29	
5:30 PM - 6:30 PM Cycling Cim Dates: 5, 12, 19, 26	5:30 PM - 6:20 PM HIIT group - no instructor Dates: 6, 13, 20, 27		6:30 PM - 7:30 PM Turn Up Dance Fitness Jennifer Dates: 1, 8, 15, 22, 29	
	6:30 PM - 7:30 PM Line Dancing Kristen Dates: 6, 20, 27			

No classes scheduled: Saturday, Sunday.

Monthly notices

Instructors may cancel classes with three or fewer participants. No Line Dancing on October 13.
Oct 13: Line Dancing cancelled.

Membership and class information

Most group fitness classes are included with membership. Nonmember drop-ins: \$8 per class. Rock Steady Boxing has a separate fee. Instructors may cancel classes with three or fewer participants.