

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	8:15 Cardio Sculpt 9:30 Burn	1 8:15 Power Sculpt 9:30 VITAL Sculpt
2 8:15 Cardio Sculpt	3 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Pumped Up	4 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	5 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	6 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	7 8:15 Cardio Sculpt 9:30 Pumped Up	8 8:15 Power Sculpt 9:30 Power Sculpt
9 8:15 Cardio Sculpt 9:30 PumpedUp	10 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Pumped Up	11 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	12 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	13 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	14 8:15 Cardio Sculpt 9:30 Burn	15 8:15 Power Sculpt 9:30 VITAL Sculpt
16 8:15 Cardio Sculpt	17 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Cardio Sculpt	18 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	19 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	20 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	21 8:15 Cardio Sculpt 9:30 Burn	22 8:15 Power Sculpt 9:30 Power Sculpt
23 8:15 Cardio Sculpt 9:30 PumpedUp	24 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Cardio Sculpt	25 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	26 8:15 VITAL Sculpt HIIT 9:30 CANCELLED 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	27 No Classes Happy Thanksgiving	28 8:15 HOLIDAY HUSTLE <i>Cardio Sculpt, One Class Only</i>	29 8:15 Power Sculpt 9:30 VITAL Sculpt

THE FITNESS STUDIO
TFSDEWITT.COM *of DeWitt*
4229 W. Howe Rd. DeWitt, MI 48820

TRY YOUR FIRST WEEK FOR JUST \$10! Contact Lindsay at lindsaympost@gmail.com or 517-242-0872.
 Schedule is subject to change without notice. Updates are shared in TFS Community Group on Facebook.

THE FOLLOWING CLASSES ARE AFFILIATED WITH JAZZERCISE.
TFS MEMBERS, PLEASE RESERVE YOUR SPOT FOR THESE CLASSES VIA THE JAZZERCISE APP!
 CARDIO SCULPT, POWER SCULPT, SCULPT, CARDIO + STRETCH, VITAL SCULPT AND POWER SCULPT

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Pumped Up	2 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	3 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	4 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	5 8:15 Cardio Sculpt 9:30 Pumped Up	6 8:15 Power Sculpt 9:30 VITAL Sculpt
7 8:15 Cardio Sculpt	8 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Pumped Up	9 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	10 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	11 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	12 8:15 Cardio Sculpt 9:30 Burn	13 8:15 HOLIDAY HOOPLA 9:30 HOLIDAY HOOPLA <i>BOTH CLASSES = TEAM-TAUGHT CARDIO SCULPT</i>
14 8:15 Cardio Sculpt 9:30 PumpedUp	15 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Cardio Sculpt	16 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	17 8:15 VITAL Sculpt HIIT 4:45 VITAL Sculpt HIIT 6:00 Cardio Sculpt	18 8:15 Cardio + Stretch 9:30 Barre Basics 4:45 Cardio Sculpt Low 6:00 PumpedUp	19 8:15 Cardio Sculpt 9:30 Burn	20 8:15 Power Sculpt 9:30 Power Sculpt
21 8:15 Cardio Sculpt	22 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Cardio Sculpt	23 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	24 No Classes Happy Holidays	25 No Classes Happy Holidays	26 8:15 Cardio Sculpt <i>One Class Only</i>	27 8:15 Power Sculpt 9:30 VITAL Sculpt
28 8:15 Cardio Sculpt 9:30 PumpedUp	29 8:15 TBW 9:30 Blast 4:45 Cardio Sculpt 6:00 Cardio Sculpt	30 8:15 Cardio Sculpt 9:30 Yoga 4:45 Cardio Sculpt Low 6:00 Yoga	31 8:15 VITAL Sculpt HIIT 9:30 Interval TBW NO PM CLASSES Happy New Year			

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BARRE BASICS - 45 MINUTES

No ballet experience required! This cardio-barre class fuses standing muscular endurance exercises (utilizing the barre for stability), cardio bursts, and focused core work on the mat. Moves are inspired by those done by dancers to improve posture, flexibility, overall body strength, and balance.

BLAST (CARDIO)- 45 MINUTES

A brain/body connection proven to increase memory, mood, and heart health. Standing dance cardio and balance work followed by focused core work on the mat. This class uses dynamic movement to engage the brain, boost coordination, and increase spatial + self-awareness.

CARDIO SCULPT (JAZZERCISE) - 1 HOUR

Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength training and stretching.

CARDIO SCULPT LOW (JAZZERCISE) - 1 HOUR

The low-impact version of our signature dance-based class. High-impact movements are replaced with muscle-focused alternatives to protect your joints and maximize results.

BURN (STRENGTH) - 45 MINUTES

A mind/muscle connection to help achieve functional fitness goals. Standing strength and balance work followed by focused core work on the mat. This class uses dynamic movement to engage the brain, boost coordination, and increase spatial + self-awareness.

INTERVAL TOTAL BODY WORKOUT (ITBW) - 45 MINUTES

Increase strength and improve metabolism. A variety of strength and ROM exercises (with and without equipment) are used in tandem with cardio-centric moves for a full-body focus.

POWER SCULPT (JAZZERCISE) - 1 HOUR

Fire up your metabolism with high-intensity dance cardio and intervals of targeted strength training.

PUMPED UP (STRENGTH) - 45 MINUTES

A new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

SCULPT (JAZZERCISE) - 45 MINUTES

Build lean muscle, improve mobility, and support bone health in this full-body strength training class.

STRETCH (JAZZERCISE) - 30 MINUTES

Relieve muscle tension, improve flexibility, and prevent injuries in this feel-good, restorative stretch class.

TOTAL BODY WORKOUT (TBW) - 45 MINUTES

Increase strength and improve metabolism. A variety of training equipment and exercises are used throughout the class. All fitness levels are welcome!

VITAL SCULPT HIIT (JAZZERCISE) - 1 HOUR

This invigorating HIIT-style class promotes strength, vitality, and long-term hormone health with a science-backed blend of targeted sculpting, high-intensity cardio, and functional movement training.

YOGA - 1 HOUR

A multi-disciplinary class focusing on alignment and breath awareness while moderately flowing from one posture to the next using breath as the vehicle.