

Employee Fitness Program

Spring 2026 Schedule: Jan. 14 – May 8

All classes held at the Norton HPE Complex

DAY OF WEEK	CLASS TYPE	TIME	LOCATION
Monday	Drop-In Fitness	Noon to 1 p.m.	Weight Training, Room 114
	Open Swim	Noon to 1 p.m.	Indoor Pool, Room 108
	Basketball	Noon to 1:30 p.m.	Gym, Room 109 - Courts 2 & 3
	Pickleball	Noon to 1:30 p.m.	Gym, Room 109 - Court 1
	Drop-In Fitness	4 to 7 p.m.	Weight Training, Room 114
	Destress & Restore Yoga	5:15 to 6 p.m.	Climbing Wall/Martial Arts, Room 113
Tuesday	Drop-In Fitness	Noon to 1 p.m.	Weight Training, Room 114
	Drop-In Fitness	4 to 7 p.m.	Weight Training, Room 114
Wednesday	Drop-In Fitness	Noon to 1 p.m.	Weight Training, Room 114
	Open Swim	Noon to 1 p.m.	Indoor Pool, Room 108
	Basketball	Noon to 1:30 p.m.	Gym, Room 109 - Courts 2 & 3
	Pickleball	Noon to 1:30 p.m.	Gym, Room 109 - Court 1
	Drop-In Fitness	4 to 7 p.m.	Weight Training, Room 114
Thursday	Drop-In Fitness	Noon to 1 p.m.	Weight Training, Room 114
	Drop-In Fitness	4 to 7 p.m.	Weight Training, Room 114
Friday	Drop-In Fitness	Noon to 1 p.m.	Weight Training, Room 114
	Indoor Soccer	Noon to 1 p.m.	Gym, Room 109
	Open Swim	Noon to 1 p.m.	Indoor Pool, Room 108
	Basketball	Noon to 1:30 p.m.	Gym, Room 109 - Courts 2 & 3



- This schedule provides spring semester availability, from the first day of classes through May 8.
- Destress & Restore class starts Jan. 26, and Pilates begins Jan.20.
- Holidays, inclement weather and special events may alter the schedule for any given day.
- Planned class cancellations: Jan.19 and March 9-13.