DEVENS FITNESS CENTER

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 1800-1900 BEGINNER YOGA	2 1200-1230 NUTRITION BASICS	3 1100-1200 BEGINNER YOGA
4	5 1000-1030 DEADLIFT FUNDAMENTALS	6	7 1000-1030 IMPROVE YOUR 2-MILE RUN	8 1800-1900 BEGINNER YOGA	9	10 1100-1200 BEGINNER YOGA
11	12	13 1800-1900 BEGINNER YOGA	14	15	16 1200-1230 NUTRITION BASICS	17
18	19 1000-1030 DEADLIFT FUNDAMENTALS	20	21 1000-1030 IMPROVE YOUR 2-MILE RUN	22 1800-1900 BEGINNER YOGA	23	24 1100-1200 BEGINNER YOGA
25	26	27 1800-1900 BEGINNER YOGA	28	29 1800-1900 BEGINNER YOGA	30 1200-1230 NUTRITION BASICS	31

Devens Fitness Center Staff

Fitness Facility Manager
Celina Gonzalez
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Recreation Assistant
Andy Lynch
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Phone: 978-615-6872

Interested in scheduling a class for your unit?

Most classes can be customized and scheduled for your unit or organization. Contact the Devens Fitness Center staff to coordinate a date and time.

SCAN TO REGISTER

ALL CLASSES MEET AT DEVENS FITNESS CENTER UNLESS OTHERWISE STATED.