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CHRISTUS® Trinity Mother Frances
HEALTH & FITNESS CENTER

Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Aqua (Pool) Ruth		Aqua (Pool) Ruth		Aqua (Pool) Ruth	
8:00am	Aqua (Pool) Ruth	Aqua (Pool) Gail	Aqua (Pool) Ruth	Aqua (Pool) Gail	Aqua (Pool) Ruth	
8:15am	Zumba Stephanie L	Yoga April	Zumba Stephanie L	Yoga April	Zumba Stephanie L	
8:30am						
9:00am	Aqua (Pool) Ruth		Aqua (Pool) Ruth			
9:30am		Forever Fit Kathryn		Forever Fit Kathryn		
10:30am	Total Body Kathryn	Total Body Kathryn	Yoga Kathryn	Total Body Kathryn	Yoga Kathryn	Aqua (10:00am) Ruth
11:30am	Forever Fit Chair Yoga Kathryn	Forever Fit Kathryn	Forever Fit Chair Yoga Kathryn	Forever Fit Kathryn	Forever Fit Chair Yoga Kathryn	
5:00pm	Yoga Kathryn				<p>*OPEN SWIM* MWF: 5a-7a, 9a-11a, 12p-2p, 3p-8p T/Th: 5a-8a, 9a-11a, 12p-2p, 3p-6p, 7-8p Saturday: 8a-10a, 11a-5:30p Sunday: 8a-5:30p Note: 1 Lane open from 9a-10a M&W</p>	
5:30pm		Strength Circuit Kathryn		Strength Circuit Kathryn		
6:00pm	Zumba Stephanie L	Aqua (Pool) Stephanie L	Zumba Stephanie L	Aqua (Pool) Stephanie L		