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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) Neal	Aqua (Pool) Ruth	Aqua (Pool) Neal	Aqua (Pool) Ruth	
8:15am	Zumba Stephanie L	Yoga April	Zumba Stephanie L	Yoga April	Zumba Stephanie L	
9:00am	Aqua (Pool) Ruth		Aqua (Pool) Ruth			
9:30am	Strength Circuit (9:15) Key	Forever Fit Kathryn	Stability Ball/Bar Kathryn	Forever Fit Kathryn	Strength Circuit (9:15) key	
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 Chair Yoga Kathryn	
5:00pm	Yoga Kathryn				<p align="center">*OPEN SWIM*</p> <p align="center">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		



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GROUP FITNESS CLASS DESCRIPTIONS

Aqua (Pool) - This class uses the natural resistance of water against the body along with pool weights and noodles to provide a wide variety of conditioning activity. **Difficulty - 1 to 2**

Forever Fit - Designed for members 60 yrs. & over. Light weights, resistance bands, and hand balls are used to increase muscle strength, range of motion, and agility. Finishes by practicing balance and mobility exercises with a relaxing stretch. Can be taken seated or standing. **Difficulty - 1**

Forever Fit Yoga - Unlike traditional Yoga, we do not get down on the floor. Instead, a chair is used for a variety of standing and sitting flow moves, stretching, balance & relaxation exercises. It promotes strength, flexibility, balance, & increased sense of well-being. **Difficulty - 1**

Stability Ball/ Bar - This Class uses the stability ball and bar. The focus of the class is to improve on your balance and stability while getting a great core workout! **Difficulty - 2**

Strength Circuit - This class is a total body, strength & aerobic conditioning workout. This circuit-based class combines full-body strength training with cardio bursts designed to tone your body, improve your endurance, and clear your mind so that you can finish your busy day! **Difficulty - 2**

Total Body - Build muscle, burn fat, increase endurance/agility, and get in the best condition you've ever been in! Experience a different class every day from HITT, Tabatas, & Circuits using weights, step, & the stability ball. We hit all the major muscle groups & get a rock-solid core!
Difficulty - 2

Yoga - Focus on balance, core strength, flexibility, and stress relief. This is an all-levels class that incorporates supine, seated, and standing poses. **Difficulty - 1 to 2**

Zumba - Move to the music, no rhythm or experience required. Cardio for all ages and fitness levels. A great class if you love to dance, smile, and have fun! **Difficulty - 1 to 2**

Difficulty- These levels are designed to give you an overall idea of the level of the class. All members are welcome to all classes and are welcome to make modifications!

1- All levels welcome! Classes at this level are introductory level and are ideal for members of all age and physical ability.

2 - A step up in difficulty. These classes are designed with slightly increased complexity of movements and can be more challenging.

3- Our most difficult classes. These classes are high intensity and are designed to be a challenge!