

Fitness Schedule

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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	
9:00am	Aqua (Pool) Ruth		Aqua (Pool) Ruth			
9:15am	Strength Circuit (9:15) Kimberly		Strength Circuit (9:15) Kimberly		Strength Circuit (9:15) Kimberly	
9:30am		Forever Fit Larissa		Forever Fit Larissa		
10:30am	Total Body Kimberly	Total Body Kimberly	Yoga Larissa	Total Body Kimberly	Yoga Larissa	Aqua (10:00am) Ruth
11:30am	Forever Fit Chair Yoga Larissa	Forever Fit Larissa	Forever Fit Chair Yoga Larissa	Forever Fit Larissa	Forever Fit Chair Yoga Larissa	
					stephanie.naylor@christushealth.org 903.939.4665  Scan to Save my contact to your phone	
5:00pm	Yoga Larissa					
5:30pm		Strength Circuit Kimberly		Strength Circuit Kimberly		
6:00pm	Zumba Stephanie L	Aqua (Pool) Stephanie L	Zumba Stephanie L	Aqua (Pool) Stephanie L		