


## 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	
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	
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		

Scan to Save my contact to your phone

## POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	Open Swim (5am-7am)	Open Swim (5am-8am)	Open Swim (5am-7am)	Open Swim (5am-8am)	Open Swim (5am-7am)	Closed	Closed
6:00am							
7:00am	Aqua Ruth (7am, 8am, 9am) <i>*only 1 lane open @9am for open swim</i>	Aqua Gail (8am-9am)	Aqua Ruth (7am, 8am, 9am) <i>*only 1 lane open @9am for open swim</i>	Aqua Gail (8am-9am)	Aqua Ruth (7am, 8am)	Open Swim (8am-10am)	
8:00am							
9:00am	Open Swim (10am-11am)	Open Swim (9am-11am)	Open Swim (10am-11am)	Open Swim (9am-11am)	Open Swim (9am-11am)	Aqua Ruth (10am-11am)	
10:00am							
11:00am	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)		Open Swim (8am-5:30pm)
12:00pm	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)		
1:00pm						Open Swim (11am-5:30pm)	
2:00pm	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)	Physical Therapy (2pm-3pm)		
3:00pm	Open Swim (3pm-8pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-6pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-8pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-6pm) <i>*1 Lane is reserved for swim lessons</i>	Open Swim (3pm-8pm)	Closed at 5:30PM	Closed at 5:30PM
4:00pm							
5:00pm		Aqua Stephanie (6pm-7pm)		Aqua Stephanie (6pm-7pm)			
6:00pm		Open Swim (7pm-8pm)		Open Swim (7pm-8pm)			
7:00pm							
8:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM		

## 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**

**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 - 3**

**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