

CHRISTUS® Trinity Mother Frances


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3593 E. Grande Blvd

Tyler, TX 75707

## HEALTH & FITNESS CENTER

## Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	<b>Aqua</b> (Pool) Ruth		<b>Aqua</b> (Pool) Ruth		<b>Aqua</b> (Pool) Ruth	
8:00am	<b>Aqua</b> (Pool) Ruth	<b>Aqua</b> (Pool) Gail	<b>Aqua</b> (Pool) Ruth	<b>Aqua</b> (Pool) Gail	<b>Aqua</b> (Pool) Ruth	
8:15am	<b>Zumba</b> Stephanie L	<b>Yoga</b> April	<b>Zumba</b> Stephanie L	<b>Yoga</b> April	<b>Zumba</b> Stephanie L	
9:00am	<b>Aqua</b> (Pool) Ruth		<b>Aqua</b> (Pool) Ruth			
9:15am	<b>Strength Circuit (9:15)</b> Kimberly		<b>Strength Circuit (9:15)</b> Kimberly		<b>Strength Circuit (9:15)</b> Kimberly	
9:30am		<b>Forever Fit</b> Larissa		<b>Forever Fit</b> Larissa		
10:30am	<b>Total Body</b> Kimberly	<b>Total Body</b> Kimberly	<b>Yoga</b> Larissa	<b>Total Body</b> Kimberly	<b>Yoga</b> Larissa	<b>Aqua (10:00am)</b> Ruth
11:30am	<b>Forever Fit Chair Yoga</b> Larissa	<b>Forever Fit</b> Larissa	<b>Forever Fit Chair Yoga</b> Larissa	<b>Forever Fit</b> Larissa	<b>Forever Fit Chair Yoga</b> Larissa	
					<a href="mailto:stephanie.naylor@christushealth.org">stephanie.naylor@christushealth.org</a> 903.939.4665 	
5:00pm	<b>Yoga</b> Larissa					
5:30pm		<b>Strength Circuit</b> Kimberly		<b>Strength Circuit</b> Kimberly		
6:00pm	<b>Zumba</b> Stephanie L	<b>Aqua</b> (Pool) Stephanie L	<b>Zumba</b> Stephanie L	<b>Aqua</b> (Pool) Stephanie L		

Scan to Save my contact to your phone

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## 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)	Aqua Gail (8am-9am)	Aqua Ruth (7am, 8am, 9am)	Aqua Gail (8am-9am)	Aqua Ruth (7am,8am)		
8:00am							
9:00am		Open Swim (9am-11am)		Open Swim (9am-11am)	Open Swim (9am-11am)	Open Swim (9am-11am)	Aqua Ruth (10am-11am)
10:00am	Open Swim (10am-11am)		Open Swim (10am-11am)				
11:00am	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)	Physical Therapy (11am-12pm)		
12:00pm	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (12pm-2pm)	Open Swim (11am-5:30pm)	
1:00pm							
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)  *1 Lane is reserved for swim lessons (3pm-6pm)	Open Swim (3pm-6pm)  *1 Lane is reserved for swim lessons	Open Swim (3pm-8pm)  *1 Lane is reserved for swim lessons (3pm-6pm)	Open Swim (3pm-6pm)  *1 Lane is reserved for swim lessons	Open Swim (3pm-8pm)  *1 Lane is reserved for swim lessons (3pm-6pm)	Open Swim (11am-5:30pm)	
4:00pm							
5:00pm		Aqua Steph (6pm-7pm)		Aqua Steph (6pm-7pm)			
6:00pm							
7:00pm		Open Swim (7pm-8pm)		Open Swim (7pm-8pm)		Closed at 5:30PM	Closed at 5:30PM
8:00pm	Closed at 8PM	Closed at 8PM	Closed at 8PM	Closed at 8PM			