

CHRISTUS® Trinity Mother Frances  
**HEALTH & FITNESS CENTER**

## Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00am</b>	<b>Aqua (Pool)</b> Ruth		<b>Aqua (Pool)</b> Ruth		<b>Aqua (Pool)</b> Ruth	
<b>8:00am</b>	<b>Aqua (Pool)</b> Ruth	<b>Aqua (Pool)</b> Neal	<b>Aqua (Pool)</b> Ruth	<b>Aqua (Pool)</b> Neal	<b>Aqua (Pool)</b> Ruth	
<b>8:15am</b>	<b>Zumba</b> Stephanie L	<b>Yoga</b> April	<b>Zumba</b> Stephanie L	<b>Yoga</b> April	<b>Zumba</b> Stephanie L	
<b>9:00am</b>	<b>Aqua (Pool)</b> Ruth		<b>Aqua (Pool)</b> Ruth			
<b>9:15am</b>	<b>Strength Circuit</b> Steph N	<b>Forever Fit</b> Kathryn	<b>Strength Circuit</b> Steph N	<b>Forever Fit</b> Kathryn	<b>Strength Circuit</b> Steph N	<b>Balance</b> Ruth
<b>10:30am</b>	<b>Total Body</b> Kathryn	<b>Total Body</b> Kathryn	<b>Total Body</b> Kathryn	<b>Total Body</b> Kathryn	<b>Yoga</b> Kathryn	<b>Aqua (10:00)</b> Ruth
<b>11:30am</b>	<b>Forever Fit</b> Kathryn	<b>Stretch</b> Steph N	<b>Yoga</b> Kathryn	<b>Stretch</b> Steph N		
<b>12:30pm</b>	<b>Forever Fit Chair Yoga</b> Kathryn	<b>Core</b> Neal			<p align="center"><b>*OPEN SWIM*</b></p> <p><b>MWF:</b> 5a-7a, 9a-11a, 12p-2p, 3p-7p  <b>T/Th:</b> 5a-8a, 9a-11a, 12p-2p, 3p-6p</p> <p><b>Saturday:</b> 7a-10a, 11a-1p  <b>Sunday:</b> CLOSED</p> <p><b>Note:</b> 1 Lane open from 9-10 M&amp;W</p>	
<b>5:30pm</b>	<b>Total Body (5:00)</b> Kathryn	<b>Strength Circuit</b> Brad	<b>Stretch (4 &amp; 5:30)</b> Brad	<b>Strength Circuit</b> Brad		
<b>6:00pm</b>	<b>Cycle</b> Mike	<b>Aqua (Pool)</b> Neal	<b>Zumba</b> Stephanie L	<b>Aqua (Pool)</b> Neal		

## 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**

**Core** - This 30-minute class will target the abdominals and lower back (core strength). Exercises will include use of the stability ball and work on a floor mat, in addition to some light hand weights. If you are looking to improve your core strength, posture and coordination... this may be the class for you. **Difficulty – 1 to 2**

**CYCLE** - Ride away the stress of Monday, challenge yourself with hills and sprints and feel great when you get done. **Difficulty – 2 to 3**

**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**

**Stretch** – This class focuses on deep stretching, active recovery and getting you ready for your next workout. **Difficulty - 1**

**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 HIIT, 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!