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

**Fitness Schedule**

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