







CHRISTUS® Trinity Mother Frances HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	SAT
	Morning Muscle 5:00am Rosa		Morning Muscle 5:30am Rosa	Aqua Cardio/strength 8:00am Anne	Bootcamp 7:30am Rosa
Aqua Cardio/strength 8:00am Anne	Vinyasa Yoga 9:00am Jennifer	Aqua Interval training 8:00am Anne	Vinyasa Yoga 9:00am Jennifer	Power Hour 9:30am Emily	
Spin & Shred 9:30am Emily	LaBlast 10:00am Amy	Tai Chi 9:30am Brenda	LaBlast 10:00am Amy	PHONE: 903-589-1540 OFFICE HOURS: MON-FRI: 8am TO 4PM	
	Hatha Yoga 11:00am Tanita	Gentle Yoga 10:35am Jennifer	Flex Yoga 11:00am Tanita	 <small>CHRISTUS® Trinity Mother Frances</small> HEALTH & FITNESS CENTER	
Aqua Cardio/strength 5:30pm Anne			Reps with Rosa 5:00pm		
Power Hour 5:30pm Emily	Aqua Arthritis 5:30pm Anne		Aqua Interval training 5:30pm Anne		
GYM OPEN 24 HOURS	Hatha Yoga 6:30pm Tanita	POOL IS CLOSED FOR FREE SWIM DURING PHYSICAL THERAPY MONDAY/WEDNESDAY/FRIDAY 1:15PM - 2:15PM		POOL HOURS: EVERYDAY 5AM - 10PM	