




# CHRISTUS® Trinity Mother Frances

## HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	SAT
Morning Muscle 5:00am Rosa		Morning Muscle 5:00am Rosa		Aqua Cardio & Strength 8:30am Anne	BootCamp 7:30am
Aqua Cardio & Strength 8:30am Anne	Vinyasa Yoga 9:00am Jennifer	Aqua Interval Training 8:30am Anne	Vinyasa Yoga 9:00am Jennifer		
BodyBlast 9:30am	La Blast 10:05am Kim	BodyBlast 9:30am	La Blast 10:05am Kim	<b>JACKSONVILLE FITNESS CENTER</b> 2010 S. JACKSON ST PHONE: 903-589-1540 OFFICE HOURS: MON-THURS 8AM-6PM FRI: 8AM-5PM	
Glutes & Abs 12:15-12:45pm Kim		Gentle Yoga 10:35am Jennifer			
Boot Camp 5:30pm	La Blast 5:30pm Kim	Glutes & Abs 12:15-12:45pm Kim		<b>POOL HOURS:</b> MONDAY-THURSDAY 5AM - 10PM FRIDAY: 5AM-8PM SATURDAY & SUNDAY 6AM-6PM	
Aqua Cardio & Strength 5:30pm Anne	Aqua Arthritis 5:30pm Anne	Boot Camp 5:30pm	Aqua Cardio & Volleyball 5:30pm Anne		
Vinyasa Yoga 6:30pm Kim	GYM OPEN 24HOURS	CLASS SCHEDULE IS MODIFIED PERIODICALLY TO ADDRESS MEMBER FEEDBACK, CLASS POPULARITY AND PARTICIPTION		POOL IS CLOSED FOR FREE SWIM DURING PHYSICAL THERAPY TUESDAY & THURSDAY 1-2PM	

**MAKE THE MOST OF YOUR MEMBERSHIP AND TRY ONE OR MORE OF OUR GROUP FITNESS CLASSES.**

**LABLAST:** Is a multi level dance fitness program designed for the absolute beginner to the already experienced. Weights are incorporated into dances like the Disco, Cha Cha, Jive, Samba, ect just to name a few. No partner needed! All genres of music blast away the calories.

**Aqua classes:** A great total workout, cardio, strength, toning, flexibility and balance. Whether you do the Cardio & Strength or the High Intensity, Interval Class or both, you will have a great workout.. The water is wonderful for all body types and conditions.

**MORNING MUSCLE:** Full body workout combining cardio and resistance training. We will utilize multiple muscle groups simultaneously to burn fat and build muscle.

**Boot Camp:** Movements that promote cardiovascular fitness, balance, cordination, strength and more.

**VINYASA:** Strengthen the mind- body connection while building power, strength and flexibility. Nonjudgmental practice designed to challenge all levels and abilities.

**Body Blast:** A slower paced dumbbell and barbell class that will target each of the muscle groups to increase strength and build muscle.

**GLUTES AND ABS:** A class that concentrates on abs and glutes using body weight, steps and hand weights. 30 Minutes

**GENTLE YOGA:** Slow series of asanas (yoga postures) guided with emphasis on physical alignment designed for all levels. Ideal class for restoration and recovery.