


CHRISTUS® Trinity Mother Frances
HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	SAT
Morning Muscle 5:00am Rosa	Vinyasa Yoga 9:00am Jennifer	Morning Muscle 5:00am Rosa	Vinyasa Yoga 9:00am Jennifer	Aqua Cardio & Strength 8:00am Anne	BootCamp 7:30am Rosa
Aqua Cardio & Strength 8:00am Anne		Aqua Interval Training 8:00am Anne			
	Beginner Yoga 11:00am Tanita	Tai Chi 9:30am Brenda	Flex Yoga 11:00am Tanita	PHONE: 903-589-1540 OFFICE HOURS: MON - FRI: 8AM to 4PM	
		Gentle Yoga 10:35am Jennifer	Aqua Cardio & Volleyball 5:30pm Anne	 <p>CHRISTUS® Trinity Mother Frances HEALTH & FITNESS CENTER</p>	
	Hatha Yoga 6:30pm Tanita				
Aqua Cardio & Strength 5:30pm Anne	Aqua Arthritis 5:30pm Anne				
POOL HOURS: MONDAY-THURSDAY 5AM - 10PM FRIDAY: 5AM-8PM SATURDAY & SUNDAY 6AM-6PM		POOL IS CLOSED FOR FREE SWIM DURING PHYSICAL THERAPY MONDAY/WEDNESDAY/FRIDAY 1:15PM -2:15PM		GYM OPEN 24HOURS	

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

		<p>Tai Chi: Suitable for all fitness levels, Tai Chi is not only a physical exercise but also a meditative experience, fostering relaxation and improving overall well-being. Join us to cultivate harmony between mind and body in this revitalizing class.</p>
<p>Beginner Yoga: Setting up foundations for a good yoga practice. We will discuss breathing and posture. We will use blocks, straps and chairs. Mostly on the floor, but can also be done in a chair.</p>	<p>Hatha Yoga: Yoga mix Each week will focus on a different type/form of yoga - relaxation, partner, yogalates (yoga and pilates), booty yoga, yoga for backs, yoga for runners, etc.</p>	<p>Yoga flex: Focusing on stretching, but also working on strength and balance.</p>
		<p>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.</p>
<p>VINYASA: Strengthen the mind- body connection while building power, strength and flexibility. Nonjudgmental practice designed to challenge all levels and abilities.</p>	<p>GENTLE YOGA: Slow series of asanas (yoga postures) guided with emphasis on physical alignment designed for all levels. Ideal class for restoration and recovery.</p>	