

CHRISTUS® Trinity Mother Frances HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	
Aqua Moves Theresa 8AM-9AM	Aqua Moves Ruth 8AM-9AM	Aqua Moves Theresa 8AM-9AM	Aqua Moves Ruth 8AM-9AM	Aqua Moves Theresa 8AM-9AM	
Zumba Stephanie 9:30AM-10:30AM	LaBlast Kim 8:15AM-9:05AM	Total Body Circuit Amy 9:00AM-9:50AM	LaBlast Kim 8:15AM-9:05AM	Zumba Stephanie 9:30AM-10:30AM	GYM OPEN 24HOURS
		Zumba Stephanie 10AM-11AM		OFFICE HOURS: MON 8A-6P TUES 8A-6P WED 8A-5P THURS 8A-6P FRI 8A-5P	
	Spin Amy 4:30PM-5:20PM		Zumba Stephanie 4:30PM-5:30PM	FIND US ON FACEBOOK: LAKEPALESTINEFITNESS	
	Aqua Moves Karyn 6:00PM-6:50PM		Aqua Moves Karyn 6:00PM-6:50PM	POOL HOURS: MONDAY-FRIDAY 8AM - 8PM PHYSICAL THERAPY MONDAY/WEDNESDAY/FRIDAY 11AM-12PM AND 2PM-3PM	
Lake Palestine Health & Fitness Center 20208 HWY 155 S Flint Texas 75762 903- 606-7560		CLASS SCHEDULE IS MODIFIED PERODICALLY TO ADDRESS MEMBER FEEDBACK,CLASS POPULARITY AND PARTICIPTION		POOL IS CLOSED FOR FREE SWIM DURING PHYSICAL THERAPY AND DURING AQUA CLASSES	

(EFFECTIVE 11/01/21)