

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

## Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		<b>Sprint</b> Melinda		<b>Sprint</b> Melinda		
8:00am	<b>Aqua</b> Ruth	<b>Aqua</b> Neal	<b>Aqua</b> Ruth	<b>Aqua</b> Neal	<b>Aqua</b> Ruth	
8:15am	<b>Zumba Burst</b> Stephanie	<b>Forever Fit</b> Kathryn	<b>Zumba Burst</b> Stephanie	<b>Forever Fit</b> Kathryn	<b>Zumba Burst</b> Stephanie	
9:00am	<b>Bodypump</b> Mandy	<b>Zumba</b> Stephanie	<b>Bodypump</b> Mandy	<b>Zumba</b> Stephanie	<b>Bodypump</b> Mandy	<b>RPM</b> Erin
10:30am	<b>Yoga</b> Luci	<b>Total Body</b> Kathryn	<b>Yoga</b> Luci	<b>Total Body</b> Kathryn	<b>Yoga</b> Luci	
<b>POOL IS CLOSED FROM 11:00-12:00</b>						
<b>POOL IS CLOSED FROM 2:00-3:00</b>						
5:15pm	<b>Bodypump</b> Brandi				<b>*POOL HOURS*</b> Monday - Friday 5:30a-8:00p      Sat -Sun 8:00a- 5:00p      *Please note class schedule is modified periodically to address participation level and accommodate new classes.	
5:30pm		<b>Restorative Yoga</b> Luci	<b>Bodypump</b> Brandi	<b>Restorative Yoga</b> Luci		
6:00pm	<b>Cycle</b> Mike	<b>Aqua</b> Neal		<b>Aqua</b> Neal		
6:30pm		<b>REFIT</b> Debi	<b>RPM</b> Melinda	<b>Rev+Flow</b> Debi		