

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Splash</b> Theresa 8:00AM - 8:50AM		<b>Cardio Splash</b> Theresa 8:00AM - 8:50AM		<b>Cardio Splash</b> Theresa 8:00AM - 8:50AM	<b>Aqua Moves</b> Ruth 8:30AM - 9:20AM
<b>Aqua Moves</b> Theresa 9:00AM - 9:50AM	<b>Aqua Moves</b> Ruth 8:30AM - 9:20AM	<b>Aqua Moves</b> Theresa 9:00AM - 9:50AM	<b>Aqua Moves</b> Ruth 8:30AM - 9:20AM	<b>Aqua Moves</b> Theresa 9:00AM - 9:50AM	
<b>REFIT</b> Laura 8:30AM - 9:20AM	<b>LaBlast</b> Kim 8:15AM - 9:05AM	<b>PIYO</b> Laura 8:30AM - 9:20AM	<b>P90X</b> Laura 9:00AM - 9:50AM	<b>ZUMBA</b> April 8:30am - 9:20AM	
<b>YOGA</b> LAURA 9:30AM - 10:20AM	<b>15/15/15</b> Kathryn 10:00AM - 10:50AM				
	<b>P90X</b> Laura 5:45PM - 6:35PM		<b>ReFit</b> Laura 5:45PM - 6:35PM	<p>Class Schedule is modified periodically to address member feedback, class popularity, and participation level.</p> <p><b>LAKE PALESTINE</b>  <b>20208 HWY 155 S</b>  <b>FLINT, TX 75762</b>  <b>903-606-7560</b>  <b>8:30AM-6PM M-F</b></p>	
<b>PIYO</b> Laura 5:45PM - 6:35PM	<b>Aqua Moves</b> Shelda 6:00PM - 6:50PM		<b>Aqua Moves</b> Shelda 6:00PM - 6:50PM		
POOL OPEN Monday-Friday 8am to 8pm Sat&Sun 8am to 6pm Physical Therapy-Monday/Wednesday/Friday 11am - 12 pm and 2pm - 3pm					



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