CHRISTUS® Trinity Mother Frances

HEALTH & FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Moves Theresa 8:30AM-9:30AM	***Aqua Moves Ruth 8:30AM-9:30AM***	***Aqua Moves Theresa 8:30AM-9:30AM***	***Aqua Moves Ruth 8:30AM-9:30AM***	***Aqua Moves Theresa 8:30AM - 9:30AM***	***Aqua Moves Ruth 8:30AM-9:30AM***
P90X Laura 8:30AM - 9:20AM	**LaBlast** Kim 8:15AM - 9:05AM	**Refit** Laura 8:30AM - 9:20AM	**PIYO** Laura 8:30AM - 9:20AM		
	ForeverFit Kathryn 9:45AM - 10:30AM	**YOGA** LAURA 9:25AM - 10:15AM	**ForeverFit** Kathryn 9:45AM - 10:30AM	**ZUMBA** April 8:30am - 9:20AM	
PIYO Laura 5:45PM - 6:35PM	**P90X** Laura 5:45PM - 6:35PM	**TotalBody Conditioning** Kathryn 5:45PM - 6:35PM		Class Schedule is modified periodically to address member feedback, class popularity, and participation level.	
	Aqua Moves Shelda 6:00PM-6:50PM		***Aqua Moves Shelda 6:00PM-6:50PM***	**LAKE PALESTINE** **20208 HWY 155 S /FLINT, TX 75762** **903-606-7560** **8:30AM-6PM M-Thu 8:30AM-5PM Fr**	
POOL OPEN Monday-Friday 8am to 8pm Sat&Sun 8am to 6pm Physical Therapy-Monday/Wednesday/Friday 11am-12 pm and 2pm-3pm					

Find us on Facebook www.facebook.com/lakepalestinefitness

REV 8/01/19