

The Franciscan Center April 2025

Fitness Class Schedule



Monday Open 6:30am-7:00pm	Tuesday Open 7:30am-7:00pm	Wednesday Open 6:30am-7:00pm	Thursday Open 7:30am-7:00pm	Friday Open 6:30am-7:00pm	Saturday Open 8am-4pm	Sunday Open 8am-4pm
Reminder Sign up for <u>ALL</u> membership classes Stop by the desk or call 937-436-2203	1 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	2 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	3 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	4 8am SSneakers Classic-A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold	5 Open Fitness 8am-4pm	6 Open Fitness 8am-4pm
7 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	8 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	9 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	10 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	11 8am SSneakers Classic-A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold	12 Open Fitness 8am-4pm	13 Open Fitness 8am-4pm
14 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	15 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	16 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	17 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	18 8am SSneakers Classic-A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold	19 Open Fitness 8am-4pm	20 CLOSED EASTER SUNDAY
21 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	22 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	23 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	24 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	25 8am SSneakers Classic-A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold	26 Open Fitness 8am-4pm	27 Open Fitness 8am-4pm
28 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	29 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	30 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	Fitness Center and Pool CLOSED Sunday, April 20th	Class Abbreviations TRX® AS- TRX® Age Strong ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE POSTED	BLUE INTERMEDIATE RED- ALL LEVELS \$\$- CLASS	A-Amy D- Diane L- Lina S- Sandy K- Kendra