

# The Franciscan Center December 2024 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
<p><b>*Reminder*</b></p> <p>Sign up for <u>ALL</u> membership classes</p> <p>Stop by the desk or call 937-436-2203</p>	<p><b>Class Abbreviations</b></p> <p>Core, S&amp;S- Core, Strength &amp; Stretch</p> <p>TRX® AS- TRX® Age Strong</p>	<p><b>KEY</b></p> <p>A- Amy D- Diane S- Sandy K- Kendra</p>	<p><b>BLUE- INTERMEDIATE</b></p> <p><b>\$\$- CLASS RED- ALL LEVELS CHARGE</b></p>			<p>1</p> <p>Open Fitness 8am-4pm</p>
2	3	4	5	6	7	8
<p>8am SSneakers Classic- A</p> <p>10am Core, S &amp; S 1 hr- A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX AS- K \$\$</p> <p>12pm- Parkinson's Fit</p> <p>1:30pm Chair Yoga- S \$\$</p>	<p>8am SSneakers Classic</p> <p>9am Women on Weights-A</p> <p>10am Wacky Wednesday-A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX AS- K \$\$</p> <p>1:30pm Chair Yoga-S \$\$</p>	<p>9am Strength Training-A</p> <p>10am POUND® 30 min- A</p> <p>10:30am Zumba® Gold 30 min- A</p>	<p>Open Fitness 8am-4pm</p>	<p>Open Fitness 8am-4pm</p>
9	10	11	12	13	14	15
<p>8am SSneakers Classic- A</p> <p>10am Core, S &amp; S 1 hr- A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX AS- K \$\$</p> <p>12pm- Parkinson's Fit</p> <p>1:30pm Chair Yoga- S \$\$</p>	<p>8am SSneakers Classic- A</p> <p>9am Women on Weights- A</p> <p>10am Wacky Wednesday-A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX® AS-K \$\$</p> <p>1:30pm Chair Yoga-S \$\$</p>	<p>9am Strength Training-A</p> <p>10am POUND® 30 min- A</p> <p>10:30am Zumba® Gold 30 min- A</p>	<p>Open Fitness 8am-4pm</p>	<p>Open Fitness 8am-4pm</p>
16	17	18	19	20	21	22
<p>8am SSneakers Classic- A</p> <p>10am Core, S &amp; S 1 hr- A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX AS- K \$\$</p> <p>12pm- Parkinson's Fit</p> <p>1:30pm Chair Yoga- S \$\$</p>	<p>8am SSneakers Classic- A</p> <p>9am Women on Weights- A</p> <p>10am Wacky Wednesday-A</p>	<p>9am Tai Chi - D \$\$</p> <p>10:30am TRX AS- K \$\$</p> <p>1:30pm Chair Yoga-S \$\$</p>	<p>9am Strength Training-A</p> <p>10am POUND® 30 min- A</p> <p>10:30am Zumba® Gold 30 min- A</p>	<p>Open Fitness 8am-4pm</p>	<p>Open Fitness 8am-4pm</p>
23/30	24	25	26	27	28	29
<p><b>Fitness Center OPEN NO Classes</b></p>	<p><b>CHRISTMAS EVE FITNESS CENTER CLOSED</b></p> <hr/> <p><b>NEW YEAR'S EVE CLOSED</b></p>	<p><b>CHRISTMAS DAY FITNESS CENTER CLOSED</b></p> <p>Hanukkah Begins</p>	<p><b>Fitness Center OPEN NO Classes</b></p>	<p><b>Fitness Center OPEN NO Classes</b></p>	<p>Open Fitness 8am-4pm</p>	<p>Open Fitness 8am-4pm</p>