

# The Franciscan Center February 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
<b>*Reminder*</b> Sign up for <u>ALL</u> membership classes Stop by the desk or call 937-436-2203	<b>Class Abbreviations</b> TRX® AS- TRX® Age Strong ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE POSTED	<b>BLUE</b> <b>INTERMEDIATE</b> <b>RED- ALL LEVELS</b> <b>\$\$- CLASS CHARGE</b>	A- Amy D- Diane S- Sandy K- Kendra		1 Open Fitness 8am-4pm	2 Open Fitness 8am-4pm
3 8am Core and Strength- A 10am Core and Strength- A	4 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	5 9am Women on Weights-A 10am Wacky Wednesday-A	6 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	7 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	8 Open Fitness 8am-4pm	9 Open Fitness 8am-4pm
10 8am Core and Strength- A 10am Core and Strength- A	11 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	12 9am Women on Weights-A 10am Wacky Wednesday-A	13 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	14 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	15 Open Fitness 8am-4pm	16 Open Fitness 8am-4pm
17 8am Core and Strength- A 10am Core and Strength- A	18 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	19 9am Women on Weights-A 10am Wacky Wednesday-A	20 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	21 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	22 Open Fitness 8am-4pm	23 Open Fitness 8am-4pm
24 8am Core and Strength- A 10am Core and Strength- A	25 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	26 9am Women on Weights-A 10am Wacky Wednesday-A	27 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	28 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	<u>PLEASE</u> Watch emails and WHIO for closures due to inclement weather	