

The Franciscan Center January 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 ALL membership classes Stop by the desk or call 937-436-2203	Class Abbreviations TRX® AS- TRX® Age Strong ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE POSTED	HAPPY NEW YEAR! FITNESS CENTER CLOSED	Fitness Center OPEN NO Classes	Fitness Center OPEN NO Classes	Open Fitness 8am-4pm	Open Fitness 8am-4pm
6 8am Core and Strength- A 10am Core and Strength- A	7 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	8 9am Women on Weights-A 10am Wacky Wednesday-A	9 8am SSneakers Classic- A 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	10 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	11 Open Fitness 8am-4pm	12 Open Fitness 8am-4pm
13 8am Core and Strength- A 10am Core and Strength- A	14 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	15 9am Women on Weights-A 10am Wacky Wednesday-A	16 8am SSneakers Classic- A 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	17 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	18 Open Fitness 8am-4pm	19 Open Fitness 8am-4pm
20 8am Core and Strength- A 10am Core and Strength- A	21 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	22 9am Women on Weights-A 10am Wacky Wednesday-A	23 8am SSneakers Classic- A 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	24 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	25 Open Fitness 8am-4pm	26 Open Fitness 8am-4pm
27 8am Core and Strength- A 10am Core and Strength- A	28 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	29 9am Women on Weights-A 10am Wacky Wednesday-A	30 8am SSneakers Classic- A 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	31 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	BLUE- INTERMEDIATE RED- ALL LEVELS \$\$- CLASS CHARGE	A-Amy D- Diane S- Sandy K- Kendra