

The Franciscan Center July 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
1 8am SSneakers Classic- A 9am Cycling- R \$\$ NO Core, S & S 1pm Hawaiian Hula- L	2 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	3 8am SSneakers Classic 9am Women on Weights-A 10am Wacky Wednesday-A	4 INDEPENDENCE DAY CENTER CLOSED	5 NO CLASSES CENTER OPEN	6 Open Fitness 8am-4pm	7 Open Fitness 8am-4pm
8 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L	9 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	10 8am SSneakers Classic 9am Women on Weights-A 10am Wacky Wednesday-A	11 9am Tai Chi - D \$\$ NO TRX 1:30pm Chair Yoga-S \$\$	12 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	13 Open Fitness 8am-4pm	14 Open Fitness 8am-4pm
15 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L	16 9am Tai Chi - D \$\$ NO TRX 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	17 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A	18 NO TAI CHI NO TRX 1:30pm Chair Yoga-S \$\$	19 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	20 Open Fitness 8am-4pm	21 Open Fitness 8am-4pm
22 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L	23 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	24 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A	25 9am Tai Chi - D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$	26 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	27 Open Fitness 8am-4pm	28 Open Fitness 8am-4pm
29 8am SSneakers Classic- A 9am Cycling- R \$\$ 10am Core, S & S 1 hr- A 1pm Hawaiian Hula- L	30 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	31 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A	*Reminder* Sign up for <u>ALL</u> membership classes Stop by the desk or call 937-436-2203	<u>Class Abbreviations</u> Core, S&S- Core, Strength & Stretch TRX® AS- TRX® Age Strong	<u>KEY</u> A- Amy D- Diane S- Sandy K- Kendra R- Rich L- Lina	<u>KEY</u> RED- ALL LEVELS BLUE- INTERMEDIATE \$\$- CLASS CHARGE