

The Franciscan Center March 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	BLUE INTERMEDIATE RED- ALL LEVELS \$\$- CLASS CHARGE	A- Amy D- Diane L- Lina 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 1 pm Line Dancing- L	4 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	5 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	6 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	7 8am SSneakers Classic-A 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 1 pm Line Dancing- L	11 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	12 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	13 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	14 8am SSneakers Classic-A 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 1 pm Line Dancing- L	18 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	19 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	20 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	21 8am SSneakers Classic-A 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 / 31 8am Core and Strength- A 10am Core and Strength- A 1 pm Line Dancing- L	25 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	26 8am SSneakers Classic- A 9am Women on Weights-A 10am Wacky Wednesday-A	27 9am Tai Chi – D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$	28 8am SSneakers Classic-A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	29 Open Fitness 8am-4pm	30 Open Fitness 8am-4pm