



HEALTHY CHANGES.

HEALTHY BODY.

HEALTHY LIFE.

GROUP
FITNESS
SCHEDULE

FRANCISCAN

HEALTH FITNESS

CENTER



group fitness

GROUP EXERCISE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:50 a.m. Cycling(Michelle)	8:10-8:50 a.m. Cycling Express (Frank)	8:00-8:50 a.m. G.O.A.T. (Tammy)	8:00-8:50 a.m. Combination Training (Anne)	8:00-8:50 a.m. Box & Burn (Tammy)	8:00-8:50 a.m. Cycling (Tamie)	
9:00-9:50 a.m. G.O.A.T. (Riley)	9:00-9:50 a.m. Tabata Strength (Michelle)	9:00-9:50 a.m. Box & Bootcamp (Marquice)	9:00-9:50 a.m. Step Aerobics (Riley)	9:00-9:50 a.m. Dynamic Definition (Marquice)	9:00-9:50 a.m. Zumba (Denise)	
10:00-10:50 a.m. Senior Express (Marquice)	10:00-10:50 a.m. Zumba (Riley)	10:00-10:50 a.m. Move & Groove (Riley)	10:00-10:50 a.m. Gentle Senior Express (Denise)	9:00-9:50 a.m. TRX Bootcamp (Tammy) <i>Nautilus Room</i>		
5:00-5:50 p.m. Box & Bootcamp (Marquice)	5:00-5:50 p.m. Turn & Drum (Candie)	5:30-6:20 p.m. Glute Camp (Michelle)	5:00-5:50 p.m. Turn & Burn (Riley)			
6:00-6:40 p.m. Cycling Express (Candie)	6:00-6:50 p.m. Line Dancing (Riley)	6:30-7:20 p.m. Step Aerobics (Riley)	6:00-6:50 p.m. TRX Bootcamp (Tammy) <i>Nautilus Room</i>	10:00-10:50 a.m. Drum & Move (Denise)		
6:45-7:30 p.m. Cardio Drumming (Candie)						

Classes & instructors are subject to change.

Please inform the front desk of the classes you are taking daily.

aquatic

POOL

9:00-9:50 a.m. Aqua Zumba (Denise)	9:00-9:50 a.m. Aqua Fit (Frank)	9:00-9:50 a.m. Aqua Motion (Denise)	9:00-9:50 a.m. Aqua Motion (Denise)	9:00-9:50 a.m. Aqua Motion (Denise)	9:00-9:50 a.m. Aqua Fit (Frank)	9:00-9:50 a.m. Aqua Motion (Cathy)
10:00-10:50 a.m. Hydro HIIT (Michelle)	10:00-10:50 a.m. Hydro HIIT (Tamie)	10:00-10:50 a.m. Hydro HIIT (Tamie)	10:00-10:50 a.m. Suspended Strength (Anne)	10:00-10:50 a.m. Hydro HIIT (Michelle)	10:00-10:30 a.m. Aqua Zen (Frank) <i>Therapy Pool</i>	
5:30-6:20 p.m. Aqua Motion (Cathy)	5:30-6:20 p.m. Aquabilities (Tamie)	5:30-6:20 p.m. Aqua Fit (Frank)	4:30-5:20 p.m. Ab-Solution Walking Workout (Cathy)		10:00-10:50 a.m. Aqua Motion (Denise)	

Exercising at your own level is always encouraged.

Classes may be cancelled due to low attendance.

mind/body

MULTI-PURPOSE ROOM

9:00-9:30 a.m. Yoga (Ron)	9:00-9:30 a.m. Yoga (Ron)	9:00-9:50 a.m. Cardio Drumming (Michelle)	9:00-9:50 a.m. Flex & Foam (Anne)	9:00-9:50 a.m. Bone Builders (Michelle)		
9:30-10:00 a.m. Corelates (Marquice)	9:30-10:00 a.m. Corelates (Marquice)	10:00-10:50 a.m. Pilates (Virginia)	10:00-10:50 a.m. Chair Yoga (Virginia)	10:00-10:50 a.m. Morning Flex (Tammy)		
10:00-10:50 a.m. Pilates (Virginia)	10:00-10:50 a.m. Morning Flex (Marquice)	11:00-11:50 a.m. Yoga for Every "Body" (Virginia)				
11:00-11:50 a.m. Yoga for Every "Body" (Virginia)	5:30-6:20 p.m. Core Flow (Sheila)	5:30-6:20 p.m. Power & Purpose (Sheila)				
5:30-6:20 p.m. Reset and Refresh Yoga (Sheila)						

 **Franciscan HEALTH**
FITNESS CENTERS
Chicago Heights

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