



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 (Alex) 9:00-9:50 a.m. Total Impact (Alex) 10:00-10:50 a.m. Senior Express (Marquice) 5:00-5:50 p.m. Box & Bootcamp (Marquice) 6:00-6:40 p.m. Cycling Express (Candie) 6:45-7:30 p.m. Cardio Drumming (Candie)	8:10-8:50 a.m. Cycling Express (Frank) 9:00-9:50 a.m. Tabata Strength (Michelle) 10:00-10:50 a.m. Rhythm Nation (Alex) 5:00-5:50 p.m. Cycle Circuit (Candie)	8:00-8:50 a.m. Barbell Bootcamp (Tammy) 9:00-9:50 a.m. Box & Bootcamp (Marquice) 10:00-10:50 a.m. Dance it Off (Alex) 5:30-6:20 p.m. Glute Camp Plus (Michelle)	8:00-8:50 a.m. Combination Training (Anne) 9:00-9:50 a.m. Step Fusion (Alex) 10:00-10:50 a.m. Gentle Senior Express (Denise) 6:00-6:50 p.m. Barbell Bootcamp (Tammy)	8:00-8:50 a.m. Box & Burn (Tammy) 9:00-9:50 a.m. Dynamic Definition (Marquice) 9:00-9:50 a.m. TRX Bootcamp (Tammy) <i>Nautilus Room</i>	8:00-8:50 a.m. Cycling (Tamie. C)	

aquatic

POOL

9:00-9:50 a.m. Aqua Zumba (Denise) 10:00-10:50 a.m. Aqua-Holics (Michelle) 5:30-6:20 p.m. Aqua Motion (Cathy)	9:00-9:50 a.m. Aqua Fit (Frank) 10:00-10:50 a.m. Hydro HIIT (Tamie. C) 5:30-6:20 p.m. Hydro HIIT (Tamie. C)	9:00-9:50 a.m. Aqua Motion (Denise) 10:00-10:50 a.m. Hydro HIIT (Tamie. C) 5:30-6:20 p.m. Aqua Fit (Frank)	9:00-9:50 a.m. Aqua Motion (Denise) 10:00-10:50 a.m. Suspended Strength (Anne) 4:30-5:20 p.m. Ab-Solution Walking Workout (Cathy)	9:00-9:50 a.m. Aqua Motion (Denise) 10:00-10:50 a.m. Aqua-Holics (Michelle)	9:00-9:50 a.m. Aqua Fit (Frank) 10:00-10:45a.m. Aqua Shred (Frank)	9:00-9:50 a.m. Aqua Motion (Cathy)
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mind/body

MULTI-PURPOSE ROOM

9:00-9:30 a.m. Yoga (Ron) 9:30-10:00 a.m. Corelates (Marquice) 10:00-10:50 a.m. Pilates (Virginia) 11:00-11:50 a.m. Yoga for Every "Body" (Virginia)	9:00-9:30 a.m. Yoga (Ron) 9:30-10:00 a.m. Corelates (Marquice) 10:00-10:50 a.m. Morning Flex (Marquice)	9:00-9:50 a.m. Cardio Drumming (Michelle) 10:00-10:50 a.m. Pilates (Virginia) 11:00-11:50 a.m. Yoga for Every "Body" (Virginia) 5:30-6:20 p.m. Dance Vibes (Tamie. C)	9:00-9:50 a.m. Flex & Foam (Anne) 10:00-10:50 a.m. Chair Yoga (Virginia)	9:00-9:50 a.m. Bone Builders (Michelle) 10:00-10:50 a.m. Morning Flex (Tammy)		
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Classes & instructors are subject to change.

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

Exercising at your own level is always encouraged.

Classes may be cancelled due to low attendance.