

# The Franciscan Center April 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 \$\$ 10am Core, S & S 1 hr- A	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 1:00pm Zumba® Gold	4 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$	5 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A 11:15am Cycling- R \$\$	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	9 9am Tai Chi - D \$\$ NO TRX 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	10 8am SSneakers Classic 9am Women on Weights-A 10am Wacky Wednesday-A 1:00pm Zumba® Gold	11 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$	12 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A 11:15am Cycling- R \$\$	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	16 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	17 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A 1:00pm Zumba® Gold	18 9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$	19 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A 11:15am Cycling- R \$\$	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	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 1:00pm Zumba® Gold	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 11:15am Cycling- R \$\$	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	30 9am Tai Chi - D \$\$ 10:30am TRX- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$		<p><b>*Reminder*</b></p> <p>Sign up for <b>ALL</b> membership classes Stop by desk or call 937-436-2203</p>	<p><b>Class Abbreviations</b></p> <p>Core, S&amp;S- Core, Strength &amp; Stretch TRX® AS- TRX® Age Strong</p>	<p><b>KEY</b></p> <p>A- Amy D- Diane S- Sandy K- Kendra R- Rich</p>	<p><b>KEY</b></p> <p>RED- ALL LEVELS BLUE- INTERMEDIATE \$\$- CLASS CHARGE</p>