


# The Franciscan Center February 2023

## Fitness Class Schedule

Monday Open 6:30am-7:00pm	Tuesday Open 7:30pm-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
<p><b>*Reminder*</b></p> <p><b>Sign up for ALL classes</b></p> <p>Stop by desk or call 937-436-2203</p>		<p>1</p> <p>8am SSneakers Classic- A 9am Women on Weights- A 10am Weight Training-A 12pm Wellness Wed- M</p>	<p>2</p> <p>9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>3</p> <p>9am Strength Training-A 10am Zumba® Gold- A</p>	<p>4</p> <p>Open Fitness 8am-4pm</p>	<p>5</p> <p>Open Fitness 8am-4pm</p>
<p>6</p> <p>8am SSneakers Classic- A 9am Mind-Body Reset-K \$\$ 10am Core, Strength, and Stretch 1 hr- A</p>	<p>7</p> <p>9am Tai Chi - D \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>8</p> <p>8am SSneakers Classic- A 9am Women on Weights- A 10am Weight Training-A 12pm Wellness Wed- M</p>	<p>9</p> <p>9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>10</p> <p>9am Strength Training-A 10am Zumba® Gold- A</p>	<p>11</p> <p>Open Fitness 8am-4pm</p>	<p>12</p> <p>Open Fitness 8am-4pm</p>
<p>13</p> <p>8am SSneakers Classic- A 9am Mind-Body Reset-K \$\$ 10am Core, Strength, and Stretch 1 hr- A</p>	<p>14</p> <p>9am Tai Chi - D \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>15</p> <p>8am SSneakers Classic- A 9am Women on Weights- A 10am Weight Training-A 12pm Wellness Wed- M</p>	<p>16</p> <p>9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>17</p> <p>9am Strength Training-A 10am Zumba® Gold- A</p>	<p>18</p> <p>Open Fitness 8am-4pm</p>	<p>19</p> <p>Open Fitness 8am-4pm</p>
<p>20</p> <p>8am SSneakers Classic- A 9am Mind-Body Reset-K \$\$ 10am Core, Strength, and Stretch 1 hr- A</p>	<p>21</p> <p>9am Tai Chi - D \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>22</p> <p>8am SSneakers Classic- A 9am Women on Weights- A 10am Weight Training-A 12pm Wellness Wed- M</p>	<p>23</p> <p>9am Tai Chi – D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>24</p> <p>9am Strength Training-A 10am Zumba® Gold- A</p>	<p>25</p> <p>Open Fitness 8am-4pm</p>	<p>26</p> <p>Open Fitness 8am-4pm</p>
<p>27</p> <p>8am SSneakers Classic- A 9am Mind-Body Reset-K \$\$ 10am Core, Strength, and Stretch 1 hr- A</p>	<p>28</p> <p>9am Tai Chi - D \$\$ 1:30pm Chair Yoga- S \$\$</p>		<p><b>Key</b> \$\$ - Class Charge A- Amy D- Diane S- Sandy K- Kendra</p>	<p><b>Key: Class Levels</b> <b>Red- ALL</b> <b>Blue- Intermediate</b> <b>Green- Therapy Room</b></p>		