

The Franciscan Center July 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 <u>ALL</u> membership classes Stop by the desk or call 937-436-2203	1 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	2 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	3 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	4 Fitness Center and Pools CLOSED Independence Day	5 Open Fitness 8am-4pm	6 Open Fitness 8am-4pm
7 8am Core & Strength- A 10am Core & Strength- A	8 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit -K 1:30pm Chair Yoga- S \$\$	9 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	10 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	11 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	12 Open Fitness 8am-4pm	13 Open Fitness 8am-4pm
14 8am Core & Strength- A 10am Core & Strength- A	15 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit -K 1:30pm Chair Yoga- S \$\$	16 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	17 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	18 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	19 Open Fitness 8am-4pm	20 Open Fitness 8am-4pm
21 8am Core & Strength- A 10am Core & Strength- A	22 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit -K 1:30pm Chair Yoga- S \$\$	23 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	24 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	25 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	26 Open Fitness 8am-4pm	27 Open Fitness 8am-4pm
28 8am Core & Strength- A 10am Core & Strength- A	29 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit -K 1:30pm Chair Yoga- S \$\$	30 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	31 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	<u>Class Abbreviations</u> Body Balance = Silver Sneakers® Classic Parkinson's Fit = Parkinson's Patients ONLY	BLUE INTERMEDIATE RED- ALL LEVELS \$\$- CLASS SPECIALTY CLASS	A- Amy D- Diane S- Sandy K-KETTERING HEALTH