

The Franciscan Center June 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	<u>Class Abbreviations</u> Body Balance = Silver Sneakers® Classic	BLUE INTERMEDIATE RED- ALL LEVELS \$- CLASS	A- Amy D- Diane L- Lina S- Sandy	ALL classes are 45 minutes unless otherwise listed		1 Open Fitness 8am-4pm
2 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	3 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	4 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	5 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	6 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	7 Open Fitness 8am-4pm	8 Open Fitness 8am-4pm
9 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	10 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	11 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	12 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	13 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	14 Open Fitness 8am-4pm	15 Open Fitness 8am-4pm
16 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L	17 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	18 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	19 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	20 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	21 Open Fitness 8am-4pm	22 Open Fitness 8am-4pm
23/30 8am Core & Strength- A 10am Core & Strength- A 1 pm Line Dancing- L If only attending one day, please circle the day and class	24 9am Tai Chi - D \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$	25 8am Body Balance -A 9am Women on Weights-A 10am Wacky Wednesday-A	26 1:30pm Chair Yoga-S \$\$ 4pm Tai Chi- Community	27 8am Body Balance -A 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A	28 Open Fitness 8am-4pm	29 Open Fitness 8am-4pm