

CHRISTUS® Trinity Mother Frances
HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	Sat
Aqua Moves Theresa 8AM-9AM	Aqua Moves Ruth 8AM-9AM	Aqua Moves Theresa 8AM-9AM	Aqua Moves Ruth 8AM-9AM	Aqua Moves Theresa 8AM-9AM	
	Circuit Shred Micro 9:00 - 10:00 AM		Circuit Shred Micro 9:00 - 10:00 AM	Zumba April 8:30 - 9:30 AM	
Express HIIT Micro 12:15 - 12:45 PM		Express HIIT Micro 12:15 - 12:45 PM		Low Impact Strength and conditioning Hunter 9:30 - 10:30 AM	Low Impact Strength and conditioning Hunter 9:30 - 10:30 AM
				Express HIIT Micro 12:15 - 12:45 PM	Stretch Hunter 11:30 - 12:00 PM
				High Intensity Strength and conditioning Hunter 5:30 - 6:30 PM	
POOL HOURS: MON/WED/FRI: 6AM - 8PM TUE/THU: 8AM - 8PM SAT : 9AM - 2PM PHYSICAL THERAPY HOURS: MON/WED/FRI 11AM-12PM AND 2PM-3PM		CLASS SCHEDULE IS MODIFIED PERODICALLY TO ADDRESS MEMBER FEEDBACK, CLASS POPULARITY AND PARTICIPTION		POOL IS CLOSED FOR FREE SWIM DURING PHYSICAL THERAPY AND DURING AQUA CLASSES	GROUP FITNESS ROOM IS RESERVED DURING SCHEDULED CLASS HOURS
Office Hours: Tuesday/ Thursday: 7:40AM-3:40PM Mon/Wed/Fri: 6:00AM-3:00PM Saturday: 9:00AM-2:00PM					(EFFECTIVE 4/15/24)