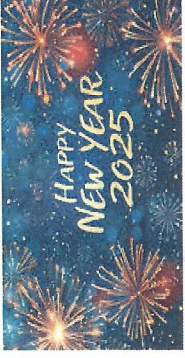


The Franciscan Center January 2025

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
<p>*Reminder* Sign up for ALL membership classes Stop by the desk or call 937-436-2203</p>	<p><u>Class Abbreviations</u> TRX® AS- TRX® Age Strong ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE POSTED</p>	<p>HAPPY NEW YEAR! FITNESS CENTER CLOSED</p>	<p>OPEN NO Classes</p>	<p>OPEN NO Classes</p>	<p>Open Fitness 8am-4pm</p>	<p>Open Fitness 8am-4pm</p>
<p>6 8am Core and Strength- A 10am Core and Strength- A</p>	<p>7 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>8 9am Women on Weights- A 10am Wacky Wednesday- A</p>	<p>9 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>10 9am Strength Training- A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>11 Open Fitness 8am-4pm</p>	<p>12 Open Fitness 8am-4pm</p>
<p>13 8am Core and Strength- A 10am Core and Strength- A</p>	<p>14 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>15 9am Women on Weights- A 10am Wacky Wednesday- A</p>	<p>16 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>17 9am Strength Training- A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>18 Open Fitness 8am-4pm</p>	<p>19 Open Fitness 8am-4pm</p>
<p>20 8am Core and Strength- A 10am Core and Strength- A</p>	<p>21 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>22 9am Women on Weights- A 10am Wacky Wednesday- A</p>	<p>23 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>24 9am Strength Training- A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>25 Open Fitness 8am-4pm</p>	<p>26 Open Fitness 8am-4pm</p>
<p>27 8am Core and Strength- A 10am Core and Strength- A</p>	<p>28 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>29 9am Women on Weights- A 10am Wacky Wednesday- A</p>	<p>30 8am SSneakers Classic- A 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga- S \$\$</p>	<p>31 9am Strength Training- A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>BLUE- INTERMEDIATE RED- ALL LEVELS \$\$- CLASS CHARGE</p>	<p>A- Amy D- Diane S- Sandy K- Kendra</p>

The Franciscan Center January 2025 Pool 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
<p>*Reminder* Sign up for ALL classes Stop by desk or call 937-436-2203</p>	<p>Pool CLOSED for maintenance and cleaning 12:00pm-1:15pm</p>	<p>HAPPY NEW YEAR! FITNESS CENTER AND POOL CLOSED</p>	<p>Fitness Center and POOL OPEN SWIM NO Classes</p>	<p>Fitness Center and POOL OPEN SWIM NO Classes</p>	<p>**Open Swim 8am-4pm</p>	<p>**Open Swim 8am-4pm</p>
<p>6 9:00am Aquabilities-A</p>	<p>7 9:00am Aquabilities 10:00am Aqua Zumba®</p>	<p>8 **Open Swim 6:30am-12pm 1:15pm- 7:00pm</p>	<p>9 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>10 10am Guts & Glutes\$\$-K 11am Aqua Float &Stretch \$\$-K Open Swim Lap Pool</p>	<p>11 **Open Swim 8am-4pm</p>	<p>12 **Open Swim 8am-4pm</p>
<p>13 9:00am Aquabilities-A</p>	<p>14 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>15 **Open Swim 6:30am-12pm 1:15pm- 7:00pm</p>	<p>16 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>17 10am Guts & Glutes\$\$-K 11am Aqua Float &Stretch \$\$-K Open Swim Lap Pool</p>	<p>18 **Open Swim 8am-4pm</p>	<p>19 **Open Swim 8am-4pm</p>
<p>20 9:00am Aquabilities-A</p>	<p>21 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>22 **Open Swim 6:30am-12pm 1:15pm- 7:00pm</p>	<p>23 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>24 10am Guts & Glutes\$\$-K 11am Aqua Float &Stretch \$\$-K Open Swim Lap Pool</p>	<p>25 **Open Swim 8am-4pm</p>	<p>26 **Open Swim 8am-4pm</p>
<p>27 9:00am Aquabilities-A</p>	<p>28 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>29 **Open Swim 6:30am-12pm 1:15pm- 7:00pm</p>	<p>30 9:00am Aquabilities-A 10:00am Aqua Zumba®</p>	<p>31 10am Guts & Glutes\$\$-K 11am Aqua Float &Stretch \$\$-K Open Swim Lap Pool</p>	<p>GREEN- THERAPY POOL WARM WATER CLASSES</p>	<p>OPEN SWIM Every day Except when class is in session</p>