

Aerobics Schedule

Classes Starting June 2017

Franciscan Health

Fitness Centers

(219) 956-4811

*Minimum of 3 people required to hold class

*Classes with asterisk require sign up

Hours of Operation

M-F 5:30 a.m.—8:30 p.m.

Sat 8:00 a.m.—3:00 p.m.

Sun 1:00 p.m.— 5:00 p. m.

Only January-March

Child Care Available

Mornings (Monday - Friday)

8:00 a.m.—12:00 p. m.

Evenings (Monday - Friday)

4:15 p.m. - 8:00 p.m.

Cost \$2.00 for the first child,

\$1.00 each additional child.

2 hour time limit per visit.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 Yoga Nancy	9:00-10:00 Hardbodies Stacy	8:00-8:45 Yoga Nancy	9:00-10:00 Hardbodies Stacy	8:30-9:00 *Trekking Stacy
9:00-10:00 Quick Step Stacy	10:00-10:30 Yoga Flow Tracy	9:00-9:30 *Trekking Tracy	10:15-11:00 *Light & Lively Marie	9:00-10:00 *Watercize Diane
9:00-10:00 *Watercize Nancy	10:45-11:30 *Light & Lively Marie	9:00-10:00 Midweek Mash April		
9:00-10:00 Fit Kids Ages 5-12 Kaitlyn		9:00-10:00 Fit Kids Ages 5-12 Kaitlyn		
10:30-11:30 Swim Lessons *Pool Closed*		9:00-10:00 *Watercize Nancy		
		10:30-11:30 Swim Lessons *Pool Closed*		
		P. M. Classes		
6:00-7:00 Functional Circuit Becky	3:30-6:30 Swim Lessons *Pool Closed*	6:00-7:00 Functional Circuit Becky	3:30-6:30 Swim Lessons *Pool Closed*	
	6:00-7:00 Cardio Interval Jen			