

CHRISTUS® Trinity Mother Frances
HEALTH & FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Splash Theresa 08:00 - 08:50AM	ZUMBA Cordy 08:00 - 08:50AM	Cardio Splash Theresa 08:00 - 08:50AM	Strong Cordy 08:00 - 08:50AM	Cardio Splash Theresa 08:00 - 08:50AM	Barre Cordy 08:00 - 08:50AM
Aqua Moves Theresa 09:00 - 09:50AM	Aqua Moves Ruth 08:30 - 9:20AM	Aqua Moves Theresa 09:00 - 09:50AM	Aqua Moves Ruth 08:30 - 9:20AM	Aqua Moves Theresa 09:00 - 09:50AM	Aqua Moves Ruth 08:30 - 9:20AM
REFIT Laura 08:30 - 09:20AM	20/20/20 Shelda 09:00 - 09:50AM	PIYO Laura 09:00 - 09:50AM	P90X Laura 09:00 - 09:50AM	ZUMBA April 08:30 - 09:20AM	
SPIN Colton 12:00 - 1:00PM				SPIN Colton 12:00 - 1:00PM	
H.I.I.T. Colton 4:45 - 5:35PM	P90X Laura 05:45 - 06:35PM	Body Vibe Colton 5:30 - 6:20PM	ReFit Laura 05:45 - 06:35PM	<p>Please note the class schedules modified periodically to address member feedback, class popularity, and participation level.</p> <p>LAKE PALESTINE 20208 HWY. 155 SOUTH FLINT, TEXAS 75762 903-606-7560 8:30AM - 5:30PM M-F</p>	
PIYO Laura 5:45 - 6:35PM	Aqua Moves Shelda 6:00 - 6:50PM		Aqua Moves Shelda 6:00 - 6:50PM		
	ZUMBA Cordy 6:40 7:35PM		Strong Cordy 6:40 7:35PM		
POOL Hours : Monday - Friday 8am - 8pm, Saturday - Sunday 8am - 6pm					



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