

CHRISTUS® Trinity Mother Frances HEALTH & FITNESS CENTER

MON	TUE	WED	THUR	FRI	SAT
Aqua Cardio/strength 8:00am Anne	Morning Muscle 5:00am Rosa	Aqua Interval 8:00am Anne	Morning Muscle 5:00am Rosa	Aqua Cardio/strength 8:00am Anne	
	LaBlast 10:00am Amy	Tai Chi 9:30am Brenda	LaBlast 10:00am Amy		
Flow Yoga 10:30am Jennifer	Hatha Yoga 11:00am Tanita	BURN 10:30am Brenda	Flex Yoga 11:00am Tanita	Yoga 10:30am Amy	GYM OPEN 24 HOURS
Aqua Cardio/strength 5:30pm Anne	Aqua Arthritis 5:30pm Anne		Aqua Cardio HIIT 5:30pm Anne	PHONE: 903-589-1540 OFFICE HOURS: MON-FRI: 8am TO 4PM	
		Hatha Yoga 6:30pm Tanita			
Key: Enrollment: Rate:		<p>POOL HOURS: Daily 5am to 10pm</p> <p>POOL IS CLOSED FOR PHYSICAL THERAPY MONDAY/WEDNESDAY/FRIDAY 1:15PM - 2:15PM</p>			