



Fitness Center
at Saint Francis

Group Fitness Schedule

Subject to change | Edited 1-22-26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:05am Silver Strength Joan Zoom	6:30-7:15am Tabata Sandy Live in studio	7:30-8:05am Silver Strength Joan Zoom	6:45-7:30am Tabata Heidi Zoom & Live in studio	7-7:30am Core Heidi Live in studio	9:15-10:00am MA Fusion Pete Live in studio
9:00-9:35am Silver Strength Joan Zoom	9:00-9:45am Gentle Yoga Marilyn Live in studio	12:00-12:45pm Cycle Eugene Live in studio	10-10:45am Silver Sneakers Classic Stacey Live in studio	7:30-8:05am Silver Strength Joan Zoom	
5:15-6pm All Levels Yoga Marylin Live in studio	10-10:45am Silver Sneakers Classic Stacey Live in studio	5:15-6pm MA Fusion Pete Live in studio	11:00am BrainSavers Stacey Live in studio	9:00-9:35am Silver Strength Joan Zoom	
		6-6:30pm CORE Pete Live in studio	12:15-1:00pm Cycle Eugene Live in studio	9:15-9:45am Morning Mat Stacey Live in studio	
			5:15-6pm All Levels Yoga Marylin Live in studio	10-10:45am Silver Sneakers Classic Stacey Live in studio	

- IN STUDIO
- ONLINE
- ONLINE & IN STUDIO



BrainSavers
BrainSavers is an evidence-based program and focuses on the brain and body to help create a lifestyle that can stave off Alzheimer's and dementia.



CORE
Train your core with stability, strength and dynamic movement making you strong and SWEATY from the inside out!



Cycle
This aerobic workout allows you to burn lots of calories. Join us for a ride that will tone your legs, condition your core and test your endurance.



MA Fusion
Martial Arts Fusion: Cardio martial arts combinations that challenge coordination and stamina.



Morning Mat
This class will work on toning the legs, abdominals, glutes, while strengthening your core. Some weights for the arms may also be used.



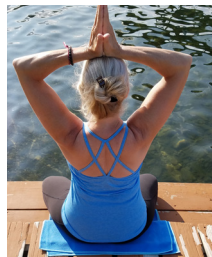
Silver Sneakers Classic
This fun morning groove will include rhythmical movement to music of different styles for a cardiovascular workout with some strength training to top off your workout.



Silver Strength
Combines balance, easy movements with stretching. This class improves muscle tone, posture and balance.



Tabata
A high-intensity interval training workout that includes 20 seconds of maximum intensity, followed by a 10 second rest.



Yoga
Relax and quiet your mind, body and spirit with ancient yoga postures and controlled breathing techniques while you improve your flexibility and balance.