



Group Fitness Schedule

Effective: January 1st, 2020

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30 am Muscle Pump Plus — Rotation	5:30 am CrossFit—Deanna	5:30 am Muscle Pump Plus — Carly	5:30 am CrossFit—Deanna	5:30 am Yoga — Susan
5:30 am CrossFit—Deanna		5:30 am CrossFit—Deanna		5:30 am CrossFit—Deanna
	8:00 am Rebounding—Darlin		8:00 am Rebounding—Darlin	
8:30 am CORE — Dawn	8:30 am Body Shop — Darlin	8:30 am Pilates CORE — Gena	8:30 am Body Shop — Darlin	8:30 am Muscle Pump Plus — Carly
9:00 am HIIT — Dawn	9:00 am Spin Class — Carly	9:00 am HIIT — Mindy	9:15 am BARRE — Darlin	9:00 am Yoga Flow — Jeanne
9:00 am Yoga — Gena	9:15 am BARRE — Darlin	9:00 am Yoga — Gena	11:15 am Zumba — Donna	9:30 am Zumba — Jayne
*9:30 am Water Aerobics — Jayne	11:15 am Zumba — Donna	*9:30 am Water Aerobics — Liza	12:15 am Body Flow — Donna	*9:30 am Water Aerobics — Carly
10:00 am Cardio Dance — Paula	12:00 pm Body Flow — Donna	10:00 am Cardio Dance — Paula	1:00 pm P.M. Circuit — Donna	*10:15 am Warm Water Therapy
*10:15 am Warm Water Therapy	1:00 pm P.M. Circuit — Donna	*10:15 am Warm Water Therapy		11:00 am SS — Jayne
11:00 am SS — Jayne		11:00 am SS — Liza		12:00 pm Silver Sneakers Yoga— Jayne
12:00 pm Silver Sneakers Yoga— Jayne		11:00 am Pound—Ginger		12:00 pm LUNCH CRUNCH
12:00 pm LUNCH CRUNCH	4:30 pm Tornado Training — Ty	12:00 pm LUNCH CRUNCH		5:30 pm CrossFit— Baile
	5:15 pm Muscle Pump — Catrina		5:15 pm Muscle Pump — Bridget	
4:30 pm X Class — Gena	*5:30 pm Water Aerobics — Jenni	4:30 pm X Class — Gena	*5:30 pm Water Aerobics — Jenni	Saturday
5:30 pm Cycling — Gena	5:30 am CrossFit—Baile	5:30 pm Cycling — Gena	5:30 pm CrossFit— Baile	8:15 am Muscle Pump — Rotation
5:30 pm CrossFit— Baile	5:30 pm Cycling— Carl	5:30 pm CrossFit—Baile	5:30 pm Cycling — Carl	9:00 am Zumba — Rotation
6:00 pm Zumba — Ana	6:00 pm Cardio Dance — Isaac	6:00 pm Zumba — Ana	6:00 pm Zumba — Isaac	9:00 am Cycling— Rotation
	6:30 pm Yoga — Jenni	6:30 pm Pound—Ginger	6:30 pm Yoga — Jenni	

Mercy Fitness Center
 7610 S. Dallas St.
 Fort Smith, AR 72903
 479-314-7400
Hours:
 Monday– Thursday: 5:00 am - 9:00 pm
 Friday: 5:00 am - 8:00 pm
 Saturday: 8:00 am - 5:00 pm
 Sunday: 12:00 pm - 5:00 pm

Location
 Highlighted in Gray – Studio 2
 Highlighted in Yellow – Gym Floor
 Plain type – Studio 1
 Highlighted in Blue – Tennis Court

Pickleball Schedule:
 Mon/Wed/Fri 10 am — 10:45 am
 Tues/Thur 1:30 pm — 3:30 pm
 Pickup games on the basketball

Basketball:
 12:00 — 1:30 pm Mon thru Fri
 Pickup games on basketball court
 18 and over.