## 

## *Chattanooga Fitness Center*

Group Exercise Class Schedule - 2024

(Beginning April 1)

**All classes and use of facility – absolutely free! No memberships.**  (**CAPER Room** – smaller exercise room, featuring greater privacy)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Mon | **Tues** | Wed | Thurs | Fri |  |
|  |  | CardioFlex  9:15 – 10:15  All Fitness Levels  Heather |  | CardioFlex  9:15 – 10:15  All Fitness Levels  Heather | **Power Yoga**  9:15 – 10:15  Intermediate Heather |  |
|  | Total Body Fitness  10:30 – 11:30  All Fitness Levels  LaCondra | **Women’s Weightlifting** 10:30 – 11:30  All Fitness Levels  Heather | Total Body Fitness  10:30 – 11:30  All Fitness Levels  LaCondra | **Women’s Weightlifting** 10:30 – 11:30  All Fitness Levels  Heather | Total Body Fitness  10:30 – 11:30  All Fitness Levels  LaCondra |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | Chair Fitness  4:30 – 5:00  Beginners & Seniors  RaeAnn | **Fit for Duty**  **4:00 – 5:45**  High Intensity  Ralph | Bodyweight Fitness  4:00 – 5:00  All Fitness Levels  Heather | **Fit for Duty**  **4:00 – 5:45**  High Intensity Ralph |  |  |
|  | **Yoga for EveryBODY**  5:00 – 6:00  No experience needed  RaeAnn |  | **Power Yoga**  5:00 – 6:00  Intermediate  Heather | **Gentle Fitness**  5:00 – 6:00  Beginners  RaeAnn |  |  |
|  |  |  |  |  |  |  |

*Some of our classes are held outdoors, weather permitting*

**Hours of Operation:**

Mon – Fri

9:00 am – 1:00 pm

2:00 pm – 7:00 pm

1:00 pm -2:00 pm –

(Closed for cleaning)

###### Chattanooga Fitness Center

@ Warner Park, 1254 East Third St

(423) 643-6600

[www.chattanooga.gov](http://www.chattanooga.gov)

***ADA Accessible***