##

## *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 |  |
|  |   |  CardioFlex9:15 – 10:15All Fitness LevelsHeather |   | CardioFlex9:15 – 10:15All Fitness LevelsHeather |  **Power Yoga**9:15 – 10:15IntermediateHeather |  |
|  | Total Body Fitness10:30 – 11:30All Fitness LevelsLaCondra | **Women’s Weightlifting** 10:30 – 11:30All Fitness LevelsHeather | Total Body Fitness10:30 – 11:30All Fitness LevelsLaCondra | **Women’s Weightlifting** 10:30 – 11:30All Fitness LevelsHeather | Total Body Fitness10:30 – 11:30All Fitness LevelsLaCondra |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | Chair Fitness4:30 – 5:00Beginners & SeniorsRaeAnn | **Fit for Duty****4:00 – 5:45**High IntensityRalph | Bodyweight Fitness4:00 – 5:00All Fitness LevelsHeather | **Fit for Duty****4:00 – 5:45**High Intensity Ralph |  |  |
|  | **Yoga for EveryBODY**5:00 – 6:00No experience neededRaeAnn |  | **Power Yoga**5:00 – 6:00IntermediateHeather | **Gentle Fitness**5:00 – 6:00BeginnersRaeAnn |  |  |
|  |  |  |  |  |  |  |

*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***