



Parks & Outdoors

Chattanooga Fitness Center

Group Exercise Class Schedule - 2025

January

Mon	Tues	Wed	Thurs	Fri
Total Body Fitness 10:30 – 11:30 All Fitness Levels		Total Body Fitness 10:30 – 11:30 All Fitness Levels		Total Body Fitness 10:30 – 11:30 All Fitness Levels
	Fit for Duty >>Paused<< until further notice		Fit for Duty >>Paused<< until further notice	
		Power Yoga 5:00 – 6:00 Intermediate		
		Calisthenics & Core 6:00 – 6:45 No experience needed		

All classes and use of facility – absolutely free! No memberships.

(CAPER Room – smaller exercise room, featuring greater privacy)

Hours of Operation:

Mon – Fri
9:00 am – 7:00 pm

Chattanooga Fitness Center

@ Warner Park, 1254 East Third St
(423) 643-6600

www.chattanooga.gov

ADA Accessible