



Parks & Outdoors

Chattanooga Fitness Center

**Group Exercise Class Schedule
Summer 2025** (begins in June)

Mon	Tues	Wed	Thurs	Fri	
Total Body Fitness 10:30 – 11:30 Circuit and sports conditioning for all fitness levels		Total Body Fitness 10:30 – 11:30 Circuit and sports conditioning for all fitness levels		Total Body Fitness 10:30 – 11:30 Circuit and sports conditioning for all fitness levels	
	Dance Fitness 11:30 – 12:30 Dance and rhythmic movements using international music CAPER Room		Dance Fitness 11:30 – 12:30 Dance and rhythmic movements using international music CAPER Room		
		Fitness 101 5:00 – 5:45 Circuit training and more for beginners and those who are out of shape CAPER Room			

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