



# Chattanooga Fitness Center

Group Exercise Class Schedule

**Summer 2025** (begins in June)

**Parks & Outdoors**

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

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

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

**ADA  
Accessible**