



Parks & Outdoors

Chattanooga Fitness Center

Group Exercise Class Schedule

Fall/Winter 2025/26

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 the 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