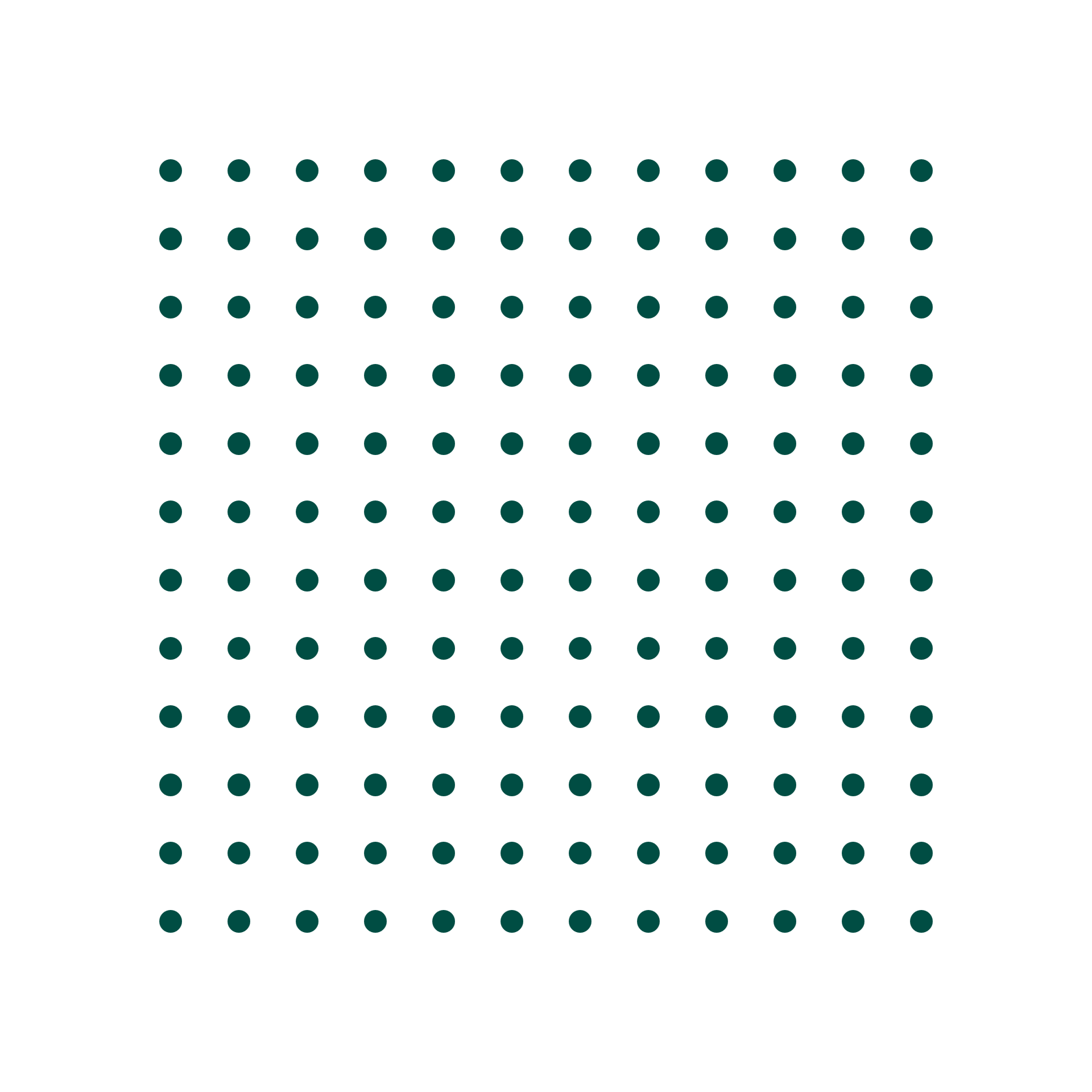
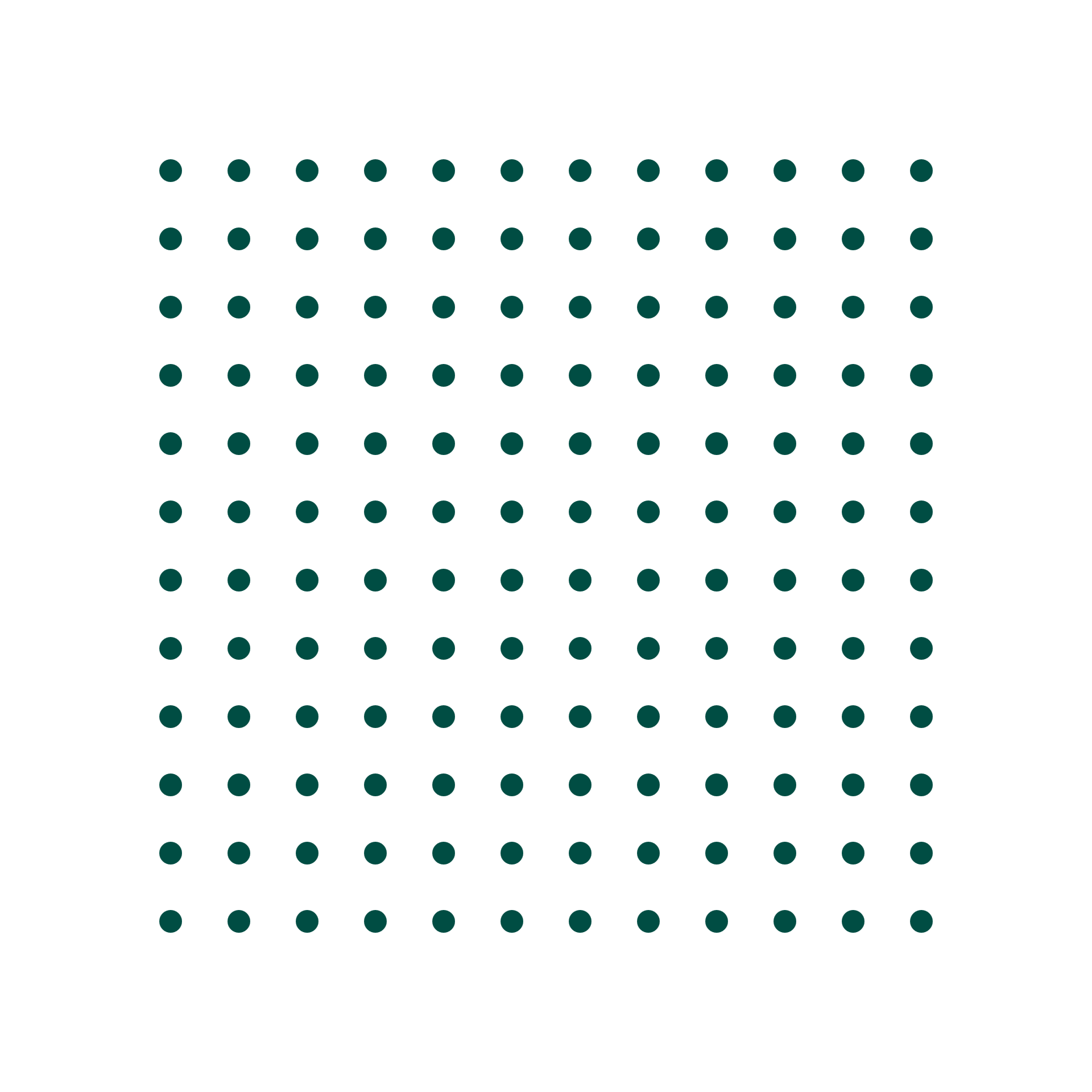
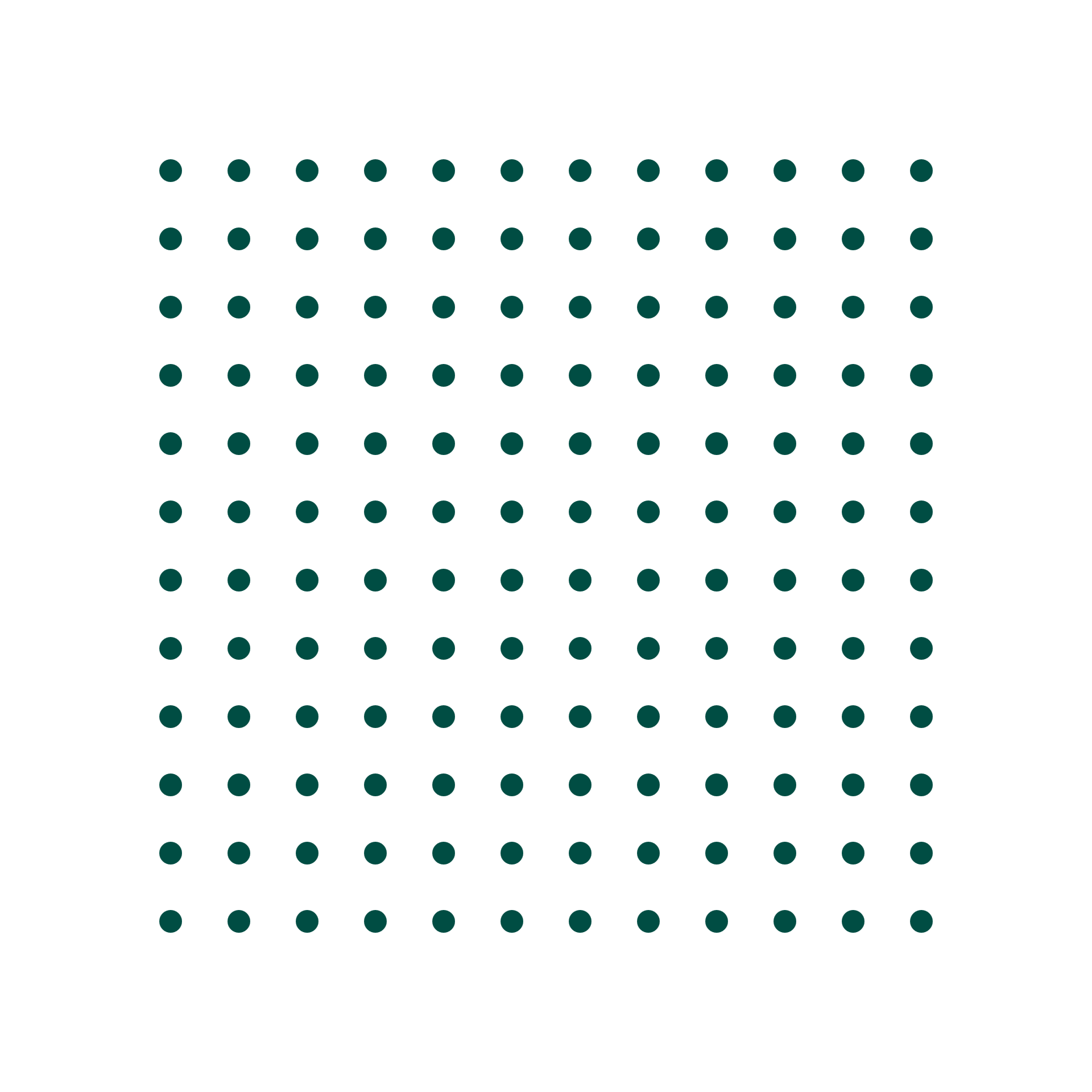
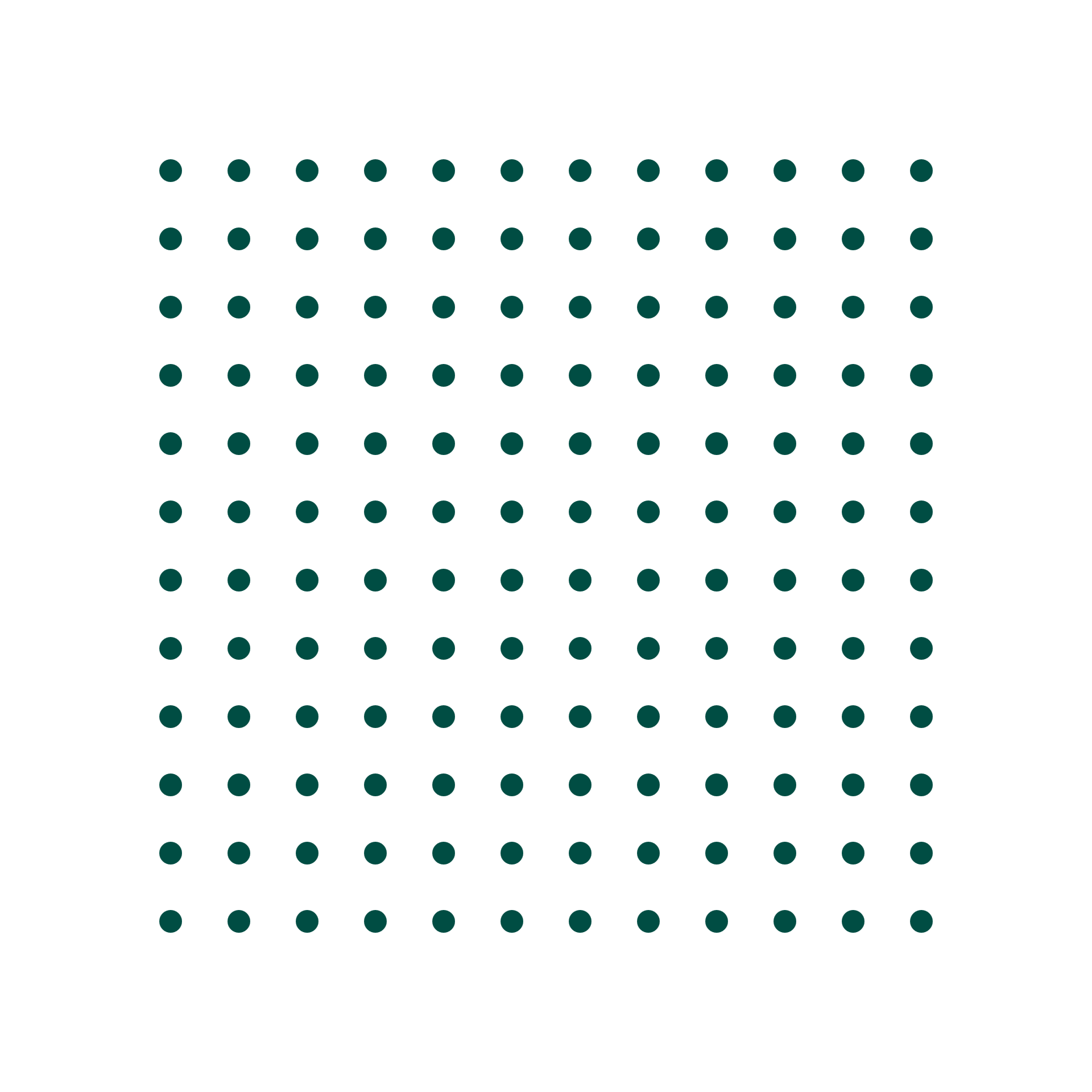
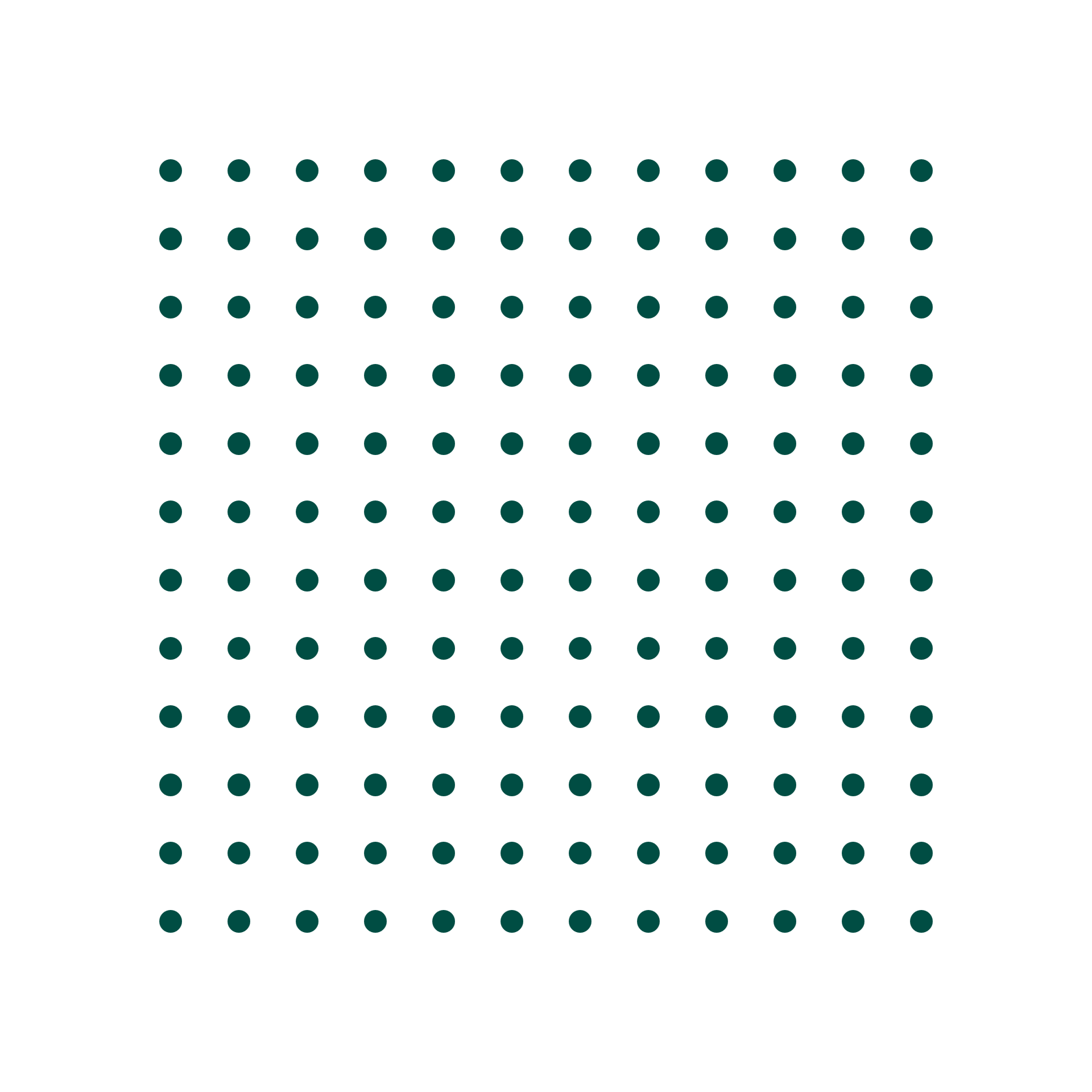
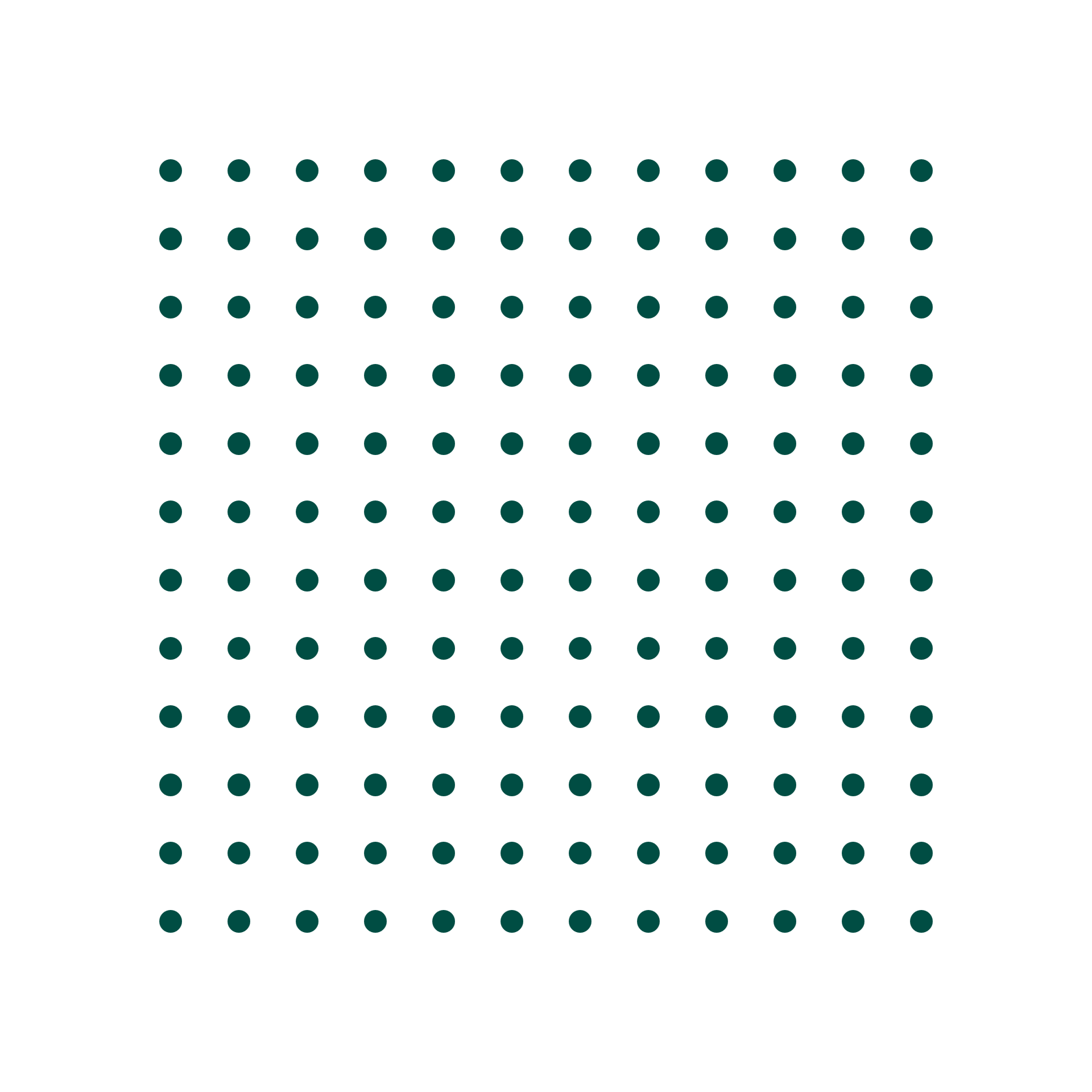
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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5:30 a.m.** | Boot Camp/**RIPT**  Merriam | **RIPT**  Sheri | Boot Camp/**RIPT** Sheri | **RIPT**  Debbie | Boot Camp Colby |  |
| **7:15 a.m.** | Stretch & Strength Timi | Active Stretch Angie |  | Active Stretch Angie | Stretch & Strength Timi |  |
| **8:00 a.m.** |  |  | Dynamic Stretch  Merriam |  |  | Bootcamp  Tanya |
| **8:15 a.m.** | Boot Camp  Karen | Strength & Core Karen |  | Strength & Core Karen | Boot Camp  Sheri |  |
| **9:15 a.m.** | Tai Chi Connie | F-I-T in 45 Karen | Tai Chi Connie | F-I-T in 45 Karen |  |  |
| **10:00 a.m.** |  |  |  |  |  | Tai Chi  Connie |
| **10:15 a.m.** | Senior Fit Merriam | Essential Agility  Nita | Senior Fit Rebecca | Essential Agility  Nita | Senior Fit  Debbie |  |
| **10:45 a.m.** |  | Hatha Yoga  Nita |  | Hatha Yoga  Nita |  | **\*11:00\*** Kids Karate |
| **11:15 a.m.** | Balance Timi |  |  |  | Balance Timi |  |
| **12:15 p.m.** |  |  |  |  |  |  |
| **3:15 p.m.** | Tai Chi  Connie |  | Tai Chi  Connie |  |  |  |
| **4:30 p.m.** | Core & Cardio Tanya/**RIPT** | Strictly Strength   Merriam/**RIPT** | Intervals Tanya/**RIPT** | Muscle Endurance  Merriam/**RIPT** |  |  |
| **5:30 p.m.** | Zumba Paola | Active Stretch  Angie | Zumba Paola |  |  |  |
| **6:30 p.m.** | Karate  Mujaga | Beginner Karate  Mujaga | Karate  Mujaga | Beginner Karate  Mujaga |  |  |
| **GYM** |  |  |  |  |  |  |
| **5:30** | Circuits Justin |  | Circuits  Justin |  |  |  |



***Thank you in advance for changing your shoes. We really appreciate you helping us keep our equipment and facility clean.***

***Next RIPT session starts on 3/24, sign up now!***

**Class Schedule March 1- May 17, 2025.**

**No outdoor shoes allowed in workout areas. Thank you!**

**MercyOne Wellness**

**Center Hours:**

**Mon-Thurs 5 a.m.-8 p.m.**

**Friday 5 a.m.-7 p.m.**

**Saturday 7 a.m.-4 p.m.**

**Sunday 8 a.m.-4 p.m.**