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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 CampColby |  |
| **7:15 a.m.** | Stretch & StrengthTimi | Active StretchAngie |   | Active StretchAngie | Stretch & StrengthTimi |  |
| **8:00 a.m.** |  |  |  Dynamic Stretch Merriam   |  |  |  BootcampTanya |
| **8:15 a.m.** | Boot Camp Karen | Strength & Core Karen |  | Strength & Core Karen | Boot CampSheri |  |
| **9:15 a.m.** | Tai ChiConnie | F-I-T in 45Karen | Tai ChiConnie | F-I-T in 45Karen |  |  |
| **10:00 a.m.** |  |  |  |  |  | Tai ChiConnie |
| **10:15 a.m.** | Senior FitMerriam | Essential AgilityNita | Senior FitRebecca | Essential AgilityNita | Senior Fit Debbie |  |
| **10:45 a.m.** |  | Hatha YogaNita |  |  Hatha Yoga Nita |  | **\*11:00\*** Kids Karate |
| **11:15 a.m.** | BalanceTimi |   |  |  | BalanceTimi |  |
| **12:15 p.m.** |  |  |  |  |  |  |
| **3:15 p.m.** |  Tai ChiConnie |  |  Tai ChiConnie |  |  |  |
| **4:30 p.m.** | Core & Cardio Tanya/**RIPT** |  Strictly Strength  Merriam/**RIPT** | IntervalsTanya/**RIPT** | Muscle Endurance Merriam/**RIPT** |  |  |
| **5:30 p.m.** | Zumba Paola | Active Stretch Angie | Zumba Paola |  |  |  |
| **6:30 p.m.** | KarateMujaga | Beginner KarateMujaga | KarateMujaga | Beginner KarateMujaga |  |  |
| **GYM** |  |  |  |  |  |  |
| **5:30** | CircuitsJustin |  | 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.**