Fitness Class Schedule

CITY OF CHATTANOOGA
Fitness Center

Pre-Spring 697-1320 2004

NOTE
Extreme Training and ABsolute require Registration and a Separate fee paid To the instructor

Entry Fee Cost .50

Hours of Operation:

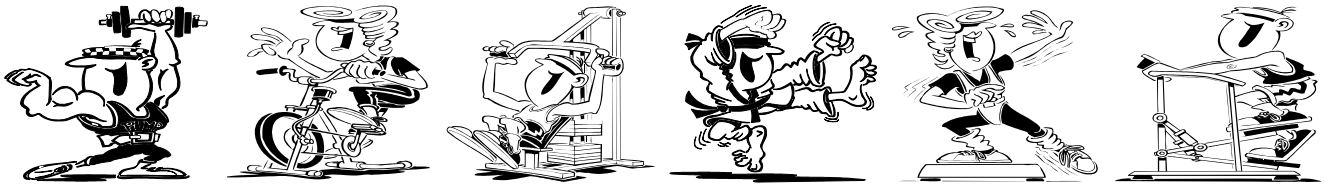
Mon -Thurs
8:00 am– 8:00 pm

Friday
8:00 am-7:00 pm

Saturday
8:00 am-12 noon

Main Floor	Mon	Tue	Wed	Thurs	Fri	Sat 9am Class Schedule
9:00 am	Step Kerry	Cardio Sculpt Chris	Step Carol	Cardio Sculpt Chris	Step Carol	1st Saturday Strength Circuit Anjail
10:00 am	Light-n-Easy Susan		Light-n-Easy Susan		Light-n-Easy Susan	2nd Saturday Step/kick Jaumese
12 noon	Step Carol	ABsolute ABs Ralph	Step Anjail	ABsolute ABs Ralph		3rd Saturday Step Ruth
4:00 pm	Step Ruth		Low Impact Kerry		Step Ruth	4th Saturday Kickbox Jaumese
5:00 pm	Hi/Lo Cardio Deborah	Step Joe	Group Strength Randy	Step/Sculpt Joe	Group Strength Randy	Saturday 10:00am Tai Kwon Do Len/Otis
6:00 pm	Step-n-Kick Yancey	Classic Step Dupree	Cardio Kickbox Jenni	Classic Step Dupree		
7:00 pm	Extreme Training Ralph	Tai Kwon Do Otis/ Len $1.00	Extreme Training Ralph	Tai Kwon Do Otis/Len/ Mike $1.00		

PARKS RECREATION ARTS CULTURE

www.Chattanooga.gov/cpr

WARNER PARK 1254 EAST THIRD STREET