

Class Schedule July 1st – September 2nd, 2025.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Boot Camp Merriam		Boot Camp Sheri		Boot Camp Colby	
7:15 a.m.	Stretch & Strength Timi	***Pilates*** Angie		***Pilates*** Angie	Stretch & Strength Timi	
8:00 a.m.			Dynamic Stretch Merriam			
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	Strictly Strength Merriam	Intervals Tanya	Muscle Endurance Merriam		
5:30 p.m.	Zumba Paola	***Pilates** Angie	Zumba Paola			
6:30 p.m.	Karate Mujaga	Beginner Karate Mujaga	Karate Mujaga	Beginner Karate Mujaga		
GYM						
5:30	Circuits Justin		Circuits Justin			

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.

Please note that the Saturday HIIT class will pause during July and August and restart after Labor Day.

RIPT 8-week session will start the September 8th.

No outdoor shoes allowed in workout areas. Thank you!