

Class Schedule September 2, - October 31, 2025.

| 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 | Pilates Angie | | Pilates 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 | 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.

***RIPT starts on 9/8,
sign up is required
for this specialty
class.***

***Saturday Bootcamp
with Tanya will be
starting back on
9/6!!***

No outdoor shoes allowed in
workout areas. Thank you!