

Class Schedule 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	Boot Camp Merriam	HIIT/Happens Sheri	Boot Camp Sheri	HIIT/Happens 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			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 Tarah	
10:45 a.m.		Hatha Yoga Nita		Hatha Yoga Nita		*11:00* Kids Karate
11:15 a.m.	Balance Rebecca				Balance Timi	
12:15 p.m.						
4:30 p.m.	Cardio & Core Tanya	Strictly Strength Merriam	Intervals Tanya	Muscle Endurance Merriam		
5:30 p.m.		Pilates Angie		Pilates Angie		
6:30 p.m.	Karate Mujaga	Beginner Karate Mujaga	Karate Mujaga	Beginner Karate Mujaga		
GYM						
5:30	Total body training/classroom Justin		Circuit /gym 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.

HITT Happens starts June 2
5:30 a.m.
Tuesday and Thursday

Sign up is required.

No outdoor shoes allowed in workout areas.
 Thank you!