



# TR Harris Wellness Center

## Group Fitness Schedule – April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Tai Chi 3:30 – 4:30 REFIT 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>4</b> YOGA 5:15 – 6:15 (TR Harris)	<b>5</b> Mixed Fit 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>6</b> YOGA 5:15 – 6:15 (TR Harris)	<b>7</b> REFIT 3:00 – 3:45
<b>10</b> Tai Chi 3:30 – 4:30 Mixed Fit 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>11</b> YOGA 5:15 – 6:15	<b>12</b> REFIT 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>13</b> YOGA 5:15 – 6:15 (TR Harris)	<b>14</b> CLOSED
<b>17</b> Tai Chi 3:30 – 4:30	<b>18</b> YOGA 5:15 – 6:15	<b>19</b>	<b>20</b> YOGA 5:15 – 6:15 (TR Harris)	<b>21</b>
<b>24</b> Tai Chi 3:30 – 4:30 Mixed Fit 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>25</b> YOGA 5:15 – 6:15 (TR Harris)	<b>26</b> REFIT 5:30 – 6:15 Cardio Stretch & Tone 6:15 – 6:45	<b>27</b>	<b>28</b> Mixed Fit 3:00 – 3:45

All classes are located in the Wellness Center unless otherwise noted

TR Harris → Located on the 2<sup>nd</sup> floor of the Grover Building (turn right off the elevator, go to end of the hall)

*TR Harris Wellness Center*  
*April 2017 Newsletter*



## **SPRING INTO HEALTH & FITNESS**

### **FREE TEAMMATE & FAMILY FITNESS**

The Wellness Center (including all group fitness classes) is free for all CHS teammates and their immediate family members!

Teammates and family members must sign a waiver prior to participating in exercise.

Family members must be 16 years of age or older *and* accompanied by the CHS teammate.

This opportunity for teammates and family members will be offered after 2pm Monday – Friday.

---

### Weigh-In Times

**Tuesdays  
3 pm-8 pm**

**Thursdays  
5:30 am-8 am**

*\*Weigh-Ins will only be done during these times due to patient care\**

---

**Wellness Center  
Closed April 14<sup>th</sup>**

### HOURS

Monday - Thursday  
5:30 am – 8 pm

Friday  
5:30 am – 5 pm

Phone: (980) 487-3659