

Class Schedule 2026

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|-------------------------|---------------------------|-------------------------|--------------------------|-------------------------|---------------------|
| 5:30 a.m. | Boot Camp Merriam | Pilates Sheri | 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 | | | 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. | Zumba Paola | Pilates Angie | Zumba Paola | Pilates Angie | | |
| 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.

Spring is just around the corner! Watch for our next RIPT session starting in April.

No outdoor shoes allowed in workout areas. Thank you!