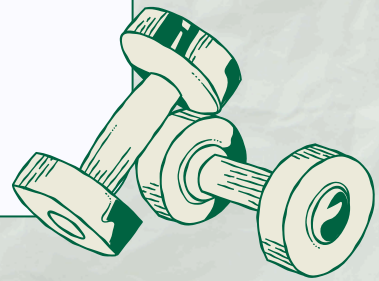
Fall

COLEMAN FAMILY CENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FUNCTIONAL FITNESS 10 am **BUTTS & GUTS** 6 pm	**MINDFUL MOVEMENT** 10 am **CARDIO DRUMMING** 5 pm	**FUNCTIONAL FITNESS** 10 am **POWER STRIDES** 5 pm **STRICTLY STRENGTH** 6 pm	**MINDFUL MOVEMENT** 10 am **CARDIO DRUMMING** 6 pm	**FUNCTIONAL FITNESS** 10 am	**SATURDAY ROTATION** 9 am



GREATER MIDLAND
COLEMAN
FAMILY CENTER