

GROUP FITNESS SCHEDULE

Classes and instructors are subject to change. In addition, classes may be hosted outside. If you have any questions, or would like to check the status of a class, please call us at 330-666-3778.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ULTIMATE FRISBEE CHARLES 7 A.M.				
		VINYASA HATHA YOGA SONAL 7 A.M.		BOOTCAMP CHARLES 8 A.M.	ULTIMATE FRISBEE CHARLES 8:30 A.M.	YOGA-LATES PAM 8 A.M.
SPINNING JIM 9 A.M.	CARDIO KICKBOXING SHELLY 8:45 A.M.	BOOTCAMP CHARLES 8 A.M.		TRX TORIL & SUE 8:45 A.M.	AEROBICS KATHY 9 A.M.	SPINNING JIM 9 A.M.
YOGA PAM 9:30 A.M.	TRX TORIL & SUE 9 A.M.	STRENGTH CYNTHIA 8 A.M.	YOGA-LATES PAM 9 A.M.	FIT AND FOCUSED PAM 9 A.M.	SPIN / CORE CYNTHIA 9 A.M.	KICKBOXING SHELLY 9:15 A.M.
	PILATES PAM 10 A.M.	AEROBICS KATHY 9 A.M.	PRIME FITNESS PAM 10 A.M.	YOGA PAM 10 A.M.		ABSOLUTION SHELLY 10:15 A.M.
	PRIME FITNESS PAM 11 A.M.	YOGA (90 MINUTES) PAM 10 A.M.		STRENGTH CYNTHIA 11:30 A.M.	BOOTCAMP CHARLES NOON	
	VINYASA HATHA YOGA SONAL 5 P.M.	SPINNING USHA 4:30 P.M.	VINYASA HATHA YOGA SONAL 5 P.M.			
	BOOTCAMP CHARLES 5:30 P.M.	ZUMBA JANET 5 P.M.	BOOTCAMP CHARLES 5:30 P.M.			