

Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kettlebell 9:15-10:00 am Amy Begins 1/21/19	(Course) Intro to Lifting 7:00-8:00am Jeanette 1/3-1/31	Spin Express 9:15-9:45 am Amy Begins 2/6/19	(Course) Intro to Lifting 7:00-8:00am Jeanette 1/3-1/31	Spin Express 5:30-6:00AM with Michele Begins 2/1/19	A\$\$tastic 8:00-8:45 am Jen	Shreadmill 8:30-9:15am Sarah
	Kettlebell 8:30-9:30 am Allison Begins(1/22/19)		Kettlebell 8:30-9:30 am Allison Begins 1/23/19	BodyBlast Express 9:15-9:45 am Amy	(1 st class of month free for members, weeks 2 & 3 class fee) Strength Unleashed 9:00-10:00am Kate/Jason	Deep Stretch Yoga 9:15-10:15am Leah
	Spin Express 5:30-6:00 pm Jen/Kate Begins 2/5/19	Shreadmill 6:00-6:45 pm Sarah	BodyBlast 5:30-6:15 pm Kate	HIIT It! Bike, Row & Pump 5:15-6:00 pm Jen	HIIT It! Bike, Row & Pump 4 th Sat of Month 9:00-10:00 Jen	Kettlebell 9:15-10:00am Jen Begins 1/27/19
						PiYo & Insanity 4:00-4:45pm Allison (every other Week)
KettleBell 6:15-7:00 pm Michele/Kate	TRX 6:15-7:00 pm Michele		Spin 6:15-7:00 pm Laura Begins 2/7/19			Boxing 6:00-6:45pm Robbie

Class Prices

Drop in \$11.00

6 Pack \$60

12 Pack \$108

20 Pack \$160

24-hour cancellation policy for all classes

*Please check the MindBody App/site daily in the event of class cancellation.

First Class FREE for Lake, Geauga and Ashtabula County residents!