

# Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyBlast</b> 9:15-10:00a Amy	<b>Kettlebell</b> 8:30-9:15a Allison	<b>Spin Express</b> 9:15-9:45a Amy	<b>Kettlebell</b> 8:30-9:15a Allison	<b>Spinning</b> 5:30-6:15a with Michele	<b>A\$\$tastic</b> 8:00-8:45 a Jen	<b>Shreadmill</b> 8:30-9:15a Sarah
				<b>Kettlebell</b> 9:15-10:00a Amy	(1 <sup>st</sup> class of month free for members, weeks 2 & 3 class fee) <b>Strength Unleashed</b> 9:00-10:00am Kate/Jason	<b>Deep Stretch Yoga</b> 9:15-10:15a Leah
	<b>Spin Express</b> 5:30-6:00p Jen/Kate	<b>Shreadmill</b> 6:00-6:45p Sarah	<b>BodyBlast</b> 5:30-6:15p Kate	<b>HIIT It! Bike, Row &amp; Pump</b> 5:15-6:00p Jen	<b>HIIT It! Bike, Row &amp; Pump</b> 4 <sup>th</sup> Sat of Month 9:00-10:00a Jen	<b>Kettlebell</b> 9:15-10:00a Jen
<b>KettleBell</b> 6:15-7:00p Michele/Kate	<b>TRX</b> 6:15-7:00p Michele		<b>Spinning</b> 6:15-7:00p Laura			<b>PiYo</b> 4:00-4:45p Allison
						<b>Boxing</b> 6:00-6:45p 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!