

Group Class Schedule

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