3839 Pearl Road Medina, 0H 44256 (330) **952-2024**

Pink = Strength
Yellow = Cardio
Blue = Wellness
Green = TURF
Xpress Classes - 30 Minutes

SUN	MON	MON	TUE	TUE	WED	WED	THU	THU	FRI	FRI	SAT	SAT
	8:30am Studio Cycle Barb 9:30am Cohalt X Stephanie 10:30am Yoga Strength Katie 11:30am Functional Fitness Meredith		8:30am Spinning Barb 9:30am LIFT April		9:30am Cobalt X Stephanie 10:30am Yoga Stretch Katie		7:00am Studio Cycling Sheila 9:30am Strength Circuit Frank 10:30am Kpress Core and Restore Katie		9:30am Zumba Sara 11:30am Gentle Yoga and Movement Emily	8:30am Bootcamp Stephanie	7:00am Spinning Sheila 8:00am Sweat Roulette April 9:30am Kickboxing Amanda Z	9:00am Xpress TRX April
	4:30pm Kickboxing Amanda Z 5:30pm Zumba Sara 6:30pm LIFT April		5:30pm Spinning Lorrie	4:30pm Bootcamp Amanda H 6:30pm TRX April	4:45pm Xpress Triple Threat Nicole 5:30pm Kickboxing Nicole		5:30pm Band Blast Toning Amanda Z 6:30pm Xpress LIFT Stephanie		Rede	efine You	FIN ar Imposangle Day.	sible