

Effective 1/5/20

RISE | FITNESS

REDEFINE IMPOSSIBLE

3839 Pearl Road

Medina, OH 44256

(330) 952-2024

Pink = Strength

Yellow = Cardio

Blue = Wellness

Green = TURF

Xpress Classes - 30 Minutes

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[illegible]

**Class instructor, format and time subject to change** **Group Exercise Manager - Meredith Bulan**

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