

Effective 10/4/2020

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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SUN	MON	TUE	WED	THU	FRI	SAT
	<div>8:30am Studio Cycle Barb</div> <div>9:30am Cobalt X Stephanie</div> <div>11:30am Functional Fitness Meredith</div>	<div>8:30am Spinning Barb</div> <div>9:30am LIFT Barb</div>	<div>9:30am Sweat Roulette Meredith</div> <div>10:30am Yoga Stretch Katie</div>	<div>7:00am Studio Cycling Sheila</div> <div>9:30am Strength Circuit Frank</div> <div>10:30am Xpress Core and Restore Katie</div>	<div>8:30am Bootcamp Stephanie</div> <div>9:30am Zumba Sara</div>	<div>7:00am Spinning Sheila</div> <div>8:00am Sweat Roulette April</div>
	<div>5:30pm Zumba Sara</div> <div>6:30pm Cobalt X Stephanie</div>	<div>5:30pm Spinning Amanda</div> <div>6:30pm Sweat Roulette Ryan</div>	<div>5:30pm Bootcamp Nicole</div>	<div>5:30pm Spinning Amanda</div> <div>6:30pm LIFT April</div>	<div> <div>WDE</div> <div>BE FINE</div> </div> <div> Redefine Your Impossible Every Single Day. </div>	

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

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