

POWERHOUSE

FITNESS GYM CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15a-6:00a CYCLING RUSH Katie +				5:15a-6am CYCLING RUSH Katie +	
					8:30a-9:15a CYCLING RUSH Louise +	8:15a-9:15a BOXING*BOOTY *ABS Julie
	9:30a-10:00a BODYFLEX Maria	9:15a-10:00a CYCLING RUSH Louise +	9:30a-10:30a BODYFLEX Maria	9:15a-10:00a CYCLING RUSH Louise +	9:30a-10:30a BODYFLEX Maria	8:30a-9:15a Spin Jen Williams +
10:00a-11:00a BODYFLEX Kim	10:30a-11:30a HI/LOW FUN Joan	10:00a-10:45p BODYFLEX EXPRESS Louise	10:30a-11:30a HI/LOW FUN Joan			9:15a-10:00a CARDIO COMBO Janet
			5:00p-5:45p HIIT Kim			
	5:30p-7:00p 30-30-30 Louise	5:30p-6:30p BODYFLEX Louise	5:30p-6:30p CYCLE CHALLENGE Louise +	5:30p-6:30p BODYFLEX Maria		
	5:45p-6:30p HIIT SPIN Dennis +		5:45p-6:45p BUTTS*GUTS* GUNS Abbey			
		6:30p-7:30p KICKBOX! Julie				

6339 Promler Ave. NW + Class is in the SPIN ROOM

North Canton, OH 44720 - CLASSES MAY RUN 5 MINS +/- according to schedule 330-498-1000 - CHECK BOARDS FREQUENTLY FOR UPDATES AND CHANGES - WE RESERVE THE RIGHT TO HAVE SUBS COVER CLASSES AS NEEDED **UPDATED 6-1-2022**