

POWERHOUSE

FITNESS GYM[®] CENTER

6339 Promler Ave. NW - North Canton, OH
44720
Phone: 330-498-1000 Fax:
330-498-1006
#1 Full Service Fitness Facility in Stark
County!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 <i>CYCLING RUSH</i> Katie +	5:15-6:00 <i>BARRE BLEND</i> Janet		5:15-6:00 <i>STRENGTH & CORE</i> Janet	5:15-6:00 <i>CYCLING RUSH</i> Katie +	
						8:15-9:15 <i>KICKBOXING/STEP</i> Julie
9:00-10:00 <i>CYCLE CHALLENGE</i> Cindy +	9:30-10:30 <i>BODYFLEX</i> Maria	9:15-10:00 <i>CYCLING RUSH</i> Louise +	9:30-10:30 <i>BODYFLEX</i> Maria	9:15-10:00 <i>CYCLING RUSH</i> Louise +	8:30-9:15 <i>CYCLING RUSH</i> Louise +	9:00-10:00 <i>CYCLING</i> Moriah/Cindy + *
10:00-11:00 <i>BODYFLEX</i> Kim/Cindy *	10:30-11:30 <i>HI/LOW FUN</i> Joan	10:00-10:45 <i>BODYFLEX EXPRESS</i> Louise	10:30-11:30 <i>HI/LOW FUN</i> Joan		9:30-10:30 <i>BODYFLEX</i> Maria	9:15-10:00 <i>CARDIO COMBO</i> Janet
						10:00-11:15 <i>BODYFLEX PLUS</i> Maria/Cindy *
			5:00-5:45 <i>HIIT & BOX</i> Moriah #	5:30-6:15 <i>SPINFIX</i> Dennis +		
	5:45-6:30 <i>SPIN</i> Moriah +	5:45-6:30 <i>HIIT SPIN</i> Moriah + #	5:45-6:30 <i>BUTTS & GUTS</i> Abbey	5:30-6:30 <i>BODYFLEX</i> Cindy		
	5:30-7:00 <i>30-30-30</i> Cindy	5:30-6:30 <i>BODYFLEX</i> Louise	5:30-6:30 <i>CYCLE CHALLENGE</i> Cindy +	6:30-7:30 <i>CYCLE CHALLENGE</i> Cindy +		
	6:30-7:15 <i>HIIT & BOX</i> Mike/Carla #	6:30-7:30 <i>KICKBOX!</i> Julie				

+ Class is in *SPIN ROOM*

Warehouse class

* Instructors alternating weekly

► UPDATED 10-1-2020 ◄

● CLASSES MAY RUN 5-MIN +/- according to schedule! Please understand this is due to our schedule running back-to-back classes

● CHECK BOARDS FREQUENTLY FOR UPDATES AND CHANGES...thank you!

● WE RESERVE THE RIGHT TO HAVE SUBS COVER CLASSES WHEN NEEDED

● Saturday Kickboxing/STEP. *PLEASE WEAR GYM SHOES!*

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CHECK OUT OUR WEBSITE: www.PowerhouseGym.com/Canton

LIKE US ON FACEBOOK: Powerhouse Gym Canton, Powerhouse Yoga Studio, The Warehouse Training & Performance, Powerhouse Spin, Powerhouse Kidz Club, and Kickboxing at Powerhouse Gym

**Powerhouse HOT Yoga Studio OPEN NOW... Full Schedule*

www.PYSCanton.com

**Newly renovated Functional Training Facility OPEN NOW... Current Schedule available*

www.TheWarehouseCanton.com

* YOGA SCHEDULE AVAILABLE ON MINDBODY APP

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Club Hours:

Monday – Thursday	5am-11pm
Friday	5am-10pm
Saturday	7am-8pm
Sunday	8am-7pm

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Kidz Club Hours:

Temporarily closed due to Covid-19

PLEASE NOTE: KICKBOX! with Julie is FREE NOW! Bring your own gloves. Please wear gym shoes on Saturday

CLASS DESCRIPTIONS ON THE GROUP EXERCISE BULLETIN BOARDS OUTSIDE OF THE GROUP EXERCISE ROOM

HOT YOGA STUDIO with HEATED FLOOR... FULL class schedule operating now!!!!

25 NEW SPIN BIKES

WE APPRECIATE YOUR PATIENCE WHILE WE MAKE ADDITIONAL IMPROVEMENTS. ☺

- Please be on time for classes. Warming up is key to prevent injury and ensure a proper workout!
- Please do not use CELL PHONES during classes. It is disruptive to the Instructor and to other class participants.
- Please be sure to bring a towel, water and wear shoes (NO BARE FEET).
- Please be courteous and keep personal conversations to a minimum.
- Please ask Instructor if you are unsure about an exercise or need help understanding proper form.
- Please put your exercise equipment back neatly when you are finished exercising.
- Please no children in the Group Exercise Room while classes are in session. We have a Kidz Club for children.

THANK YOU for participating in our Group Exercise Classes!