



GROUP EXERCISE CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00am CYCLING RUSH Morgan+				5:15-6:00am CYCLING RUSH Morgan+	
	8:00-8:45am FIT EXPRESS Norine		8:00-9:00am POWER HOUR Norine		8:00-8:45am FIT EXPRESS Norine	8:15-9:00am SPIN Jen +
	9:30-10:30am BODYFLEX Maria	9:15-10:00am CYCLING RUSH Louise+	9:30-10:30am BODYFLEX Maria	9:15-10:00am CYCLING RUSH Louise +	8:30-9:15am CYCLING RUSH Louise+	8:30-9:30am KICKBOXING Andrew H
	10:30-11:30am HI/LOW FUN Joan	10:15-11:00am MAT PILATES Louise	10:30-11:30am HI/LOW FUN Joan	10:15-11:00am MAT PILATES Louise	9:30-10:30am BODYFLEX Maria	9:30-10:15am SWEAT & STRENGTH Jennifer
			5:45-6:45pm BUTTS*GUTS*GUNS Abbey			
			6:00-6:45pm CYCLING RUSH Morgan +	6:00-7:00pm KICKBOXING Andrew H		

6339 Promler Ave NW
North Canton, OH 44720
330-498-1000

UPDATED: 6/10/25

+ Class is in the Spin Room
Classes may run 5 mins +/-

1. WE RESERVE THE RIGHT TO HAVE SUBS COVER CLASS AND/OR CANCEL A CLASS AS NEEDED.
2. PLEASE BE COURTEOUS AND DO NOT USE THE GROUP EX ROOM WHEN CLASSES ARE IN SESSION.