

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-10:30a 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	
						9:15a-10:00a CARDIO COMBO Janet
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			
			5:00p-5:45p HIIT Kim			
	5:15p-6:00p CARDIO COMBO Janet	5:30p-6:30p BODYFLEX Louise		5:30p-6:15p STRENGTH/BODYFLEX Chylece		
	6:15p-7:00p HIIT SPIN Dennis +		5:45p-6:45p BUTTS*GUTS*GUNS Abbey			
		6:30p-7:30p KICKBOXING Julie				

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

UPDATED 04/04/2022

+ Class is in the SPIN ROOM

- CLASSES MAY RUN 5 MINS +/- according to schedule
- CHECK BOARDS FREQUENTLY FOR UPDATES AND CHANGES
- WE RESERVE THE RIGHT TO HAVE SUBS COVER CLASSES AS NEEDED