



# GROUP EXERCISE CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15-6:00am <b>CYCLING RUSH</b> Morgan+				5:15-6:00am <b>CYCLING RUSH</b> Morgan+	
	8:00-8:45am FIT EXPRESS Norline		8:00-9:00am POWER HOUR Norline		8:00-8:45am FIT EXPRESS Jen	8:15-9:00am SPIN Jen +
	9:30-10:30am BODYFLEX Maria	9:15-10:00am <b>CYCLING RUSH</b> Louise+	9:30-10:30am BODYFLEX Maria	9:15-10:00am <b>CYCLING RUSH</b> Louise +	8:30-9:15am <b>CYCLING RUSH</b> Louise+	8:30-9:30am KICKBOXING Andrew H
	10:30-11:30am HI/LOW FUN Joan	10:15-11:00am Strength, Sculpt, Stretch Louise	10:30-11:30am HI/LOW FUN Joan	10:15-11:00am Strength, Sculpt, Stretch Louise	9:30-10:30am BODYFLEX Maria	9:30-10:15am SWEAT & STRENGTH Jennifer
	5:30-6:30pm BOOT CAMP Shameem		5:45-6:45pm BUTTS*GUTS*GUNS Abbey		6:00-7:00pm KICKBOXING Andrew H	10:30-11:30am EXTREME HIP HOP Summer
			6:00-6:45pm <b>CYCLING RUSH</b> Morgan +			*** See dates in Gym

6339 Promter Ave NW  
North Canton, OH 44720

330-498-1000

UPDATED: 11/21/24

+ 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.