



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am GroupCycling 45 Julie K		5:45 am GroupCycling 45 Jackie		5:45 am GroupCycling 45 Jackie/Julie K		
	7:00 am Tabata 45 Faranz/Wendy	7:00 am Bootcamp 45 Faranz/Wendy		7:00 am Bootcamp 45 Faranz		
8:00 am Super Sculpt Jennifer	8:00 am BodyPump Kelly	8:00 am Super Sculpt Maggie	8:00 am BodyPump Kelly	8:00 am Super Sculpt Rae	8:00 am BodyStep Priscilla/Rachel S	8:45 am BodyPump Laura
9:00 am Fit at Any Age Cyndi (St2)	9:15 am Zumba Stacie	9:00 am Fit at Any Age Maggie (St2)		9:00 am Fit at Any Age Beth (St2)	9:15 am BodyPump Priscilla/Rachel S	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Pilates Lana (St 2)	9:15 am Pound Stacie	9:15 am Pilates Lana (St 2)	9:00 am Cycling&Core Maggie	9:15 am Cycling 45 Jennifer V.	10:00 am 30 Min Core Laura
	9:15 am GroupCycling Rachel S		9:30 am Intensity Cycling Julie A	9:15 am BodyStep Rachel S	9:30 am Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Renee (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Staff (St2)	Specialty Classes	
			11:00 am Gentle Pilates Lana	11:00 am Chair Yoga Crissy NEW!!!!		
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	11:30 AM TaiChi Leslie(St2) No class May9,16		TRX Interval Preview Outdoors	(Jennifer) 8a.m. Sat April 20
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy (St2)	12:30 pm Strength Cardio Fusion Sherry (St2)	12:30 pm Zumba Gold Stacie	12:30 pm Core Strength & Stretch Sherry	GroupCycling BootCamp 30/30	(Farnaz) 8 a.m. Sat Apr 6, May 4, June 1
		1:00 pm Stretch Class 30 Beth			Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22
NEW! 4:30 pm Yoga/Pilates Lana (St2)					BodyPump	(Rachel G.) 5:45 a.m. Tues Apr 9, 23, May 7, 21
5:30 pm BodyPump Rachel S	5:30 pm Butts&Guts 30 Jackie (St 2)	5:30 pm BodyPump Priscilla	5:15 pm 30 min Core Staff Rotation (St2)	5:30 pm BodyPump Laura	Beginner GroupCycling	(Jackie) 10:15 a.m. Sat Apr 27, May 18
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling 45 Julie K/Claire	6:00 pm Bootcamp Tressa/Susan		Race Day 90min GroupCycling	(Jackie) 11:00 am Sun Apr28
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)	6:30pm Specialty April 3/17 Dance/BodyBalance	6:00 pm Les Mills Sprint Priscilla/Rachel S		Iron Yoga	(Renee) 8 am Fri Apr 5, May 3, Jun 7
	7:00 pm Cardio Kickboxing Brandon	6:30pm Specialty April 10/24 Body Balance			Aqua Pilates	(Gloria) 10 a.m. Mon Apr 15, May 6, Jun 10
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801 . Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required. Group Exercise Fitness Guidelines: Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use. Participants must reserve a spot for Spin and Studio classes online or via our app UHAvonFitness or by calling 440-988-6801 for therapy pool (W) classes. We accept reservations the day prior to and day of the scheduled class. Specialty class reservations can be made any time. All classes are 55 minutes unless marked "30" ,"45" or "90". Schedules are subject to change in the event of instructor illness or low participation.					Beginner Yoga	(Sherry) 11 am Sat Apr 13, May 4, Jun 8
					Outdoor Yoga	(Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
					Outdoor Yoga	(Crissy) 9a.m. Sat Jun 22
					Class Key: Les Mills Class Group Cycling St2 = Studio 2 Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants	