

# Small Group Personal Training Courses

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Better Body Challenge</b>  Training times: M/W 7-8am M/W 9:15-10:15am M/W 6pm T/TH 12-1pm T/TH 6-7pm W 6:30pm/Sat 8am  See Melissa or Renee for details.  Spots are limited.  10% off Sale November 21-28			7-8a.m <b>Linda PT Group+</b> Linda		7-8a.m <b>Linda PT Group+</b> Linda		
			1:30-2p.m. <b>Post PT Exercise Program</b> ■ Linda/Tom  4:45-5:45p.m. <b>Lana's PT Group+</b> Lana  5-5:50pm <b>HOPE Cancer Ex. ♦+</b> Chris	12:00-1:00pm <b>Fitness Foundations</b> ●+ Ashlee  1:30-2:30pm <b>Linda's PT Group+</b> Linda  5:30-6:30pm <b>Group Personal Training+</b> Ashlee	1:30-2p.m. <b>Post PT Exercise Program</b> ■ Linda/Tom  5-5:50pm <b>HOPE Cancer Ex. ♦+</b> Sean		10:00am-11:00am <b>Strength Training for Everyone+</b> Chris  Various Yoga Workshops To be announced
KEY: ♦ Studio 1 ■ Studio 2 ● Gym + Fitness Floor ~ Conference Room ▲Outdoors ∪ Pool #Express Zone							

\*Schedule is subject to change. Please enroll prior to the start date. Some programs require approval prior or physician approval prior to enrolling. Courses with low enrollment will be cancelled. **Training programs are non-refundable.**

Upfront payment required for these small group personal training courses.  
 Non-member rates available. Sorry, no-make ups if you miss class.  
 Please register at the front desk.

Questions? Contact Front Desk or Renee Barrett, Program Manager:  
 440-988-6822 or [Renee.Barrett@UHhospitals.org](mailto:Renee.Barrett@UHhospitals.org) Updated:9.30.22



Fitness Center at UH Avon Health Center  
 440-988-6801 | [UHhospitals.org/Fitness](http://UHhospitals.org/Fitness)  
 1997 Healthway Drive  
 Avon, Ohio 44011