



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am GroupCycling 45 Julie K	5:45am BodyPump Rachel G.	5:45 am GroupCycling 45 Jackie	5:45am BodyPump Rachel G.	5:45 am GroupCycling 45 Jackie/Julie		
7:00 am Tabata 45 Jennifer	7:00 am Core/Stretch45 Farnaz/Staff	7:00 am Bootcamp 45 Farnaz/Staff		7:00 am Bootcamp 45 Farnaz	8:00 am GroupCycling Farnaz/Laura NEW!!	
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 Tina	8:00 am BodyStep Priscilla/Tina (Step)	8:45 am BodyPump Laura
9:00 am Fit at Any Age Stori (St2)	9:15 am Zumba Stacie	9:00 am Fit at Any Age Maggie (St2)	9:15 am Mat Pilates Elissa (St 2)	9:00 am Fit at Any Age Beth (St2)	9:15 am BodyPump Priscilla/Tina	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Mat Pilates Elissa (St 2)	9:15 am Pound Stacie	9:30 am Intensity Cycling Julie A	9:00 am Intensity Cycling Maggie	9:15 am Cycling 45 Jennifer V.	10:00 am 30 Min Core Laura
	9:15 am GroupCycling Stori		10:30 am Yoga Ana (St2)	9:15 am Step Tina	9:30am Mat Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Bejan (St2)	10:30 am Yoga Flow Renee (St2)	11:00 am Chair Pilates Elissa	10:30 am Yoga Flow Staff (St2)	Specialty Classes (guests welcome)	
			11:30 am Tai Chi Leslie (St 2)	11:00 am Chair Yoga Crissy	BodyBalance Pop Up (Kelly) 9a.m. Mon Apr 20	
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	12:30 pm Zumba Gold Stacie	NEW!! 12:30 pm SitFit45 Heather G. (St. 2)	Seasonal Qigong (NEW!!)	(Mary) 11a.m. Sat Apr11,May9, Jun13
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy	12:30 pm Cardio/Strength Core Sherry (St2)		12:30 pm Core Strength and Stretch Sherry	Iron Yoga	(Renee) 8:00a.m. Fri Apr 3, May 1
		1:00 pm Stretch Class 30 Beth			Dog Walk^	(Ashlee) 5:30p.m. Fri Apr 17
4:30 pm Yoga/Pilates Lana (St2)	5:15pm 30 min Core Laura	4:30 pm Mat Pilates 45 Heather (St2)	5:15 pm 30 min Core Priscilla/Julie K		Aqua Pilates	(Gloria) 10am Mon Apr 13,May11,Jun 8
5:30 pm BodyPump Laura		5:30 pm BodyPump HEAVY Priscilla	6:00 pm Bootcamp Tressa	5:30 pm BodyPump Laura	Ball Class	(Kathy) 11am Sat Apr 25
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling Julie K/Claire	6:00 pm Les Mills Sprint Priscilla/Julie K		Stretch/Mobility	(Elissa) Tue Apr 7 @12pm Sat Apr 18 @8:15am
6:00 pm Yoga Fusion Renee (St 2)	6:00 pm Pilates Laura (St 2)	6:00 pm BodyBalance Staff (St2) NEW!!!	6:15 pm CardioKickboxing Brandon (St 2) NEW!!!		National Walking Day^	(Melissa) 4p.m. Wed Apr 1
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.					Athletic Yoga	(Stori) 7a.m. Thurs Apr 2, 9
Group Exercise Fitness Guidelines: Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use.					Water Walking 101	(Stori) 10a.m. Mon Apr 27
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 Cycle Saturday	(Jackie) 10:30-11:15a.m. Apr 18
Class Key: Les Mills Class Group Cycling Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants					Race Day 90 Min Cycle Sunday	(Jackie) 11:00a-12:30pm Apr 19