



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am GroupCycling 45 Julie K	5:45am BodyPump Rachel G.	5:45 am GroupCycling 45 Jackie	NEW! 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 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 Lynn	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 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/Ana (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		
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	12:30 pm Zumba Gold Stacie		SitFit Seniors (Crissy) 11a.m. Sat. Nov 22	
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 & Stretch Sherry	Seasonal Qigong (NEW!!) (Mary) 11a.m. Sat. Dec 13	
		1:00 pm Stretch Class 30 Beth	NEW!! 1:30 pm SitFit Heather G.		Iron Yoga (Renee) 8:00a.m. Fri Nov7, Dec 5	
4:30 pm Yoga/Pilates Lana (St2)	NEW!5:15pm 30 min Core Laura	4:30 pm Mat Pilates 45 Heather (St2)	5:15 pm 30 min Core Priscilla/Julie K		Cardio Kickboxing (Brandon) 6:15pm Thu Nov 6, 13,Dec4,11	
5:30 pm BodyPump Laura		5:30 pm BodyPump Priscilla	6:00 pm Bootcamp Tressa	5:30 pm BodyPump Laura	Aqua Pilates (Gloria) 10am Mon Nov10, Dec 8	
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		Ball Class (Kathy) 11am Sat Nov 15, Dec 20	
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)				Stretch/Mobility (Elissa) 8:15a.m. Sat Nov1,15, Dec 6	
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 UHAvenFitness 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.					Yoga Pop Up (Heather) 6:00 p.m. Thur Nov 20, Dec 18	
					WaterWalk101 (NEW!!)	10:00a.m. Mon Oct 27, Nov24
					Beginner Cycle	(Jackie) 10:30a.m. Sun Nov 23, Sat Dec 27
					Pop Up Cycle Sat 8am (NEW!!)	Laura Nov15,Dec20 Farnaz Nov 8, Dec 6
Class Key: Les Mills Class Group Cycling St2 = Studio 2 Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants					Race Day 90 Min Cycle	(Jackie) 11a.m. Sat Nov 22, Sun Dec 28