

**One to One Fitness Center**

**Group Exercise Schedule**

**Sept - Dec 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00	Muscle Conditioning John T. - <b>Cycle 60 Pamela</b>	Yoga Flow** Heather	<b>Cycle 60 Paula</b>	Yoga Flow** Heather	Muscle Conditioning John T.		
6:30							
7:00			<b>7-8 TRX/KB Small Group Training</b>				
7:30		Zumba® David A.					
8:15						8:15-9:25 Yoga Flow Brian - <b>Cycle 60 Pamela</b>	
8:30	Qigong Steve		Qigong/Tai Chi Steve	<b>Cycle 45 Michael C.</b>	Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club Becky			
9:00							Yoga Flow++ Heather
9:30	Cardio Muscle Kieonna	Synergy Heather	Pilates Mat Hope	Synergy Becky	Cardio Muscle Pamela	Muscle Conditioning John T.	<b>Cycle 60 Mike</b>
10:30	<b>10:30-11:30 TRX Small Group Training</b>		<b>10:30-11:30 TRX Small Group Training</b>		HardCORE* Pamela	Zumba® David A.	Pilates Fusion Hope
12:00	Muscle Conditioning Pamela	Barre Catherine <b>Cycle 45 John T.</b>	Zumba® Brenda	Yoga Basics Nick	Muscle Conditioning Sarah		
12:30							Zumba® 12:30-1:15 Christel
1:30							POUND® 1:15-2 Nicole
4:00							Yoga for Stress Relief ++ (4-5:15pm) Nick
4:30	Muscle Conditioning John T.	STRONG™ Suzi	Cardio Muscle Sarah	PiYo® Brandy	Zumba® Jillian		
5:30	HardCORE* John T. - <b>Cycle 60 Kurt</b>	Hips, Buns & Thighs (45 min) Kirk	Yoga Flow Katie N. - <b>Cycle 60 Vincent</b>	Strength & Power Kieonna	Yoga Flow++ Nick - <b>Cycle 60 Mike</b>		Zumba® Christine
6:00	HIIT Kieonna	<b>Cycle 60 Andy</b> - 6:15-6:45 HardCORE* Kirk		<b>Cycle 60 Instructor TBA</b>		<p><b>PLEASE NOTE</b> All classes are 55 minutes in length unless otherwise noted. Please arrive to class on time!</p> <p>* 30-minute class ++ 75-minute class **90-minute class</p> <p><b>Bold classes meet in cycling Studio B</b></p> <p><b>Schedule is subject to change</b></p> <p>The latest group exercise schedule is always available at <a href="http://onetoone.case.edu">http://onetoone.case.edu</a></p>	
6:30			Zumba® Suzi	Yoga Basics Claire			
7:00	Yoga Flow++ Nick	Yoga Flow Katie K.					
7:30			<b>7:15-8:15pm Cycle Bootcamp Deneen</b>	Barre Andrea			
8:00		Zumba® Christine	8:15-8:45pm HardCORE* Deneen				

**Class Descriptions on Reverse Side**

**\*\*Please note, there is a small group training fee for classes highlighted in gray\*\***