



TRX, TBT, Kettlebell & Outdoor Bootcamp



Small Group Training CLASS SCHEDULE

Day	Time	Class	Location	Instructor
Monday	8:30 AM	Kettlebell Express*	One to One Fitness	Melissa
	10:30 AM	TRX	One to One Fitness	Sean
	5:30 PM	Total Body Training (TBT)	One to One Fitness	Scott
	5:30 PM	Kettlebell Express*	One to One Fitness	Amanda
	6:00 PM	Kettlebell Express*	One to One Fitness	Amanda
Tuesday	4:30 PM (45 min)	Total Body Training (TBT)*	One to One Fitness	Kirk
Wednesday	7:00 AM	TRX & Kettlebell Combo	One to One Fitness	Jason
	8:30 AM	Kettlebell Express*	One to One Fitness	Melissa
	10:30 AM	TRX	One to One Fitness	Sean
	12:30 PM	Kettlebell Express*	One to One Fitness	Ben
	5:30 PM	Total Body Training (TBT)	One to One Fitness	Scott
	5:30 PM	Kettlebell Express*	One to One Fitness	Amanda
Thursday	12:00 PM	Kettlebell Express*	One to One Fitness	Melissa
Friday	12:30 PM	Kettlebell Express*	One to One Fitness	Ben
Saturday	9:00 AM	Total Body Training (TBT)	One to One Fitness	Scott

*All classes are 60 minutes in duration except "Express" classes which are 30 minutes and Outdoor Bootcamp which is 45 minutes. Veale Center classes are held in the classroom, located in the weight room area. One to One Fitness membership card or a photo ID are required for entry into One to One Fitness Center. **Photo ID is required** to enter Veale. Instructor is subject to change.

TO SIGN UP FOR CLASSES:

Call 216-368-1121 • Email onetooone@case.edu • Front desk of One to One Fitness • One to One @Veale office

ONE TO ONE
— FITNESS —

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CLASS PRICING



	Member	Non-Member
1-Session	\$5.00/class	\$6.00/class
5-Session Punch Card	\$4.80/class	\$5.76/class
10-Sessions Punch Card	\$4.60/class	\$5.52/class
1-Month Unlimited Class Pass	\$32/month	\$38/month

Unlimited class passes give you unlimited access to any Small Group Training class for 1 month from date of purchase!

Punch Card (package) Guidelines:

- Punch cards can be used for any of the Small Group Training classes.
- Punch cards must be presented at class time.
- Sessions expire 90-days from date of purchase.
- Punch cards are non-refundable and non-transferable.
- Class cancellations need to be made a minimum of 24-hours in advance.

Sign Up Guidelines:

- Sign up for classes by calling 216-368-1121, email oneoone@case.edu, or at the front desk of One to One Fitness.
- Drop-ins are welcome, but are not guaranteed a spot in class. It is recommended that you sign up in advance!
- Class Sign Up Sheets are available 2-weeks in advance at the front desk.
- Payment must be received prior to the class.
- Cancellations must be made with at least 24-hour notice. Call 216-368-1121, email oneoone@case.edu or at the front desk of One to One Fitness Center. Less than 24-hour notice will result in a charge/punch for the class.

