

One to One Fitness Center

Group Exercise Schedule

Jan-Apr 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Muscle Conditioning John T. - <b>Cycle 60 Pamela</b>	Yoga Flow** Deanna	<b>Cycle 60 Paula</b>	Yoga Flow** Deanna	Muscle Conditioning John T. - <b>Cycle 60 Pamela</b>		
6:30							
7:00	Pilates Mat Laura		<b>7-8 TRX/KB Small Group Training</b>				
7:30		Zumba® David A.					
8:15						8:15-9:25 Yoga Flow Nick - <b>Cycle 60 Michael C.</b>	
8:30	Qigong Steve		Qigong/Tai Chi Steve	<b>Cycle 45 Vincent</b>	Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club Becky			
9:00							Yoga Flow++ Heather
9:30	Cardio Muscle Kieonna	Synergy Deanna	Pilates Mat Hope	Synergy Becky	Cardio Muscle Pamela	Muscle Conditioning John T.	<b>Cycle 60 Alisha</b>
10:30	<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		
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		<b>Cycle 60 John</b>
5:30	HardCORE* John T. - <b>Cycle 60 Kurt</b>	Hips, Buns & Thighs (45 min) Kirk	Yoga Flow Allison - <b>Cycle 60 Vincent</b>	Strength & Power Kieonna	Yoga Flow++ Nick - <b>Cycle 60 Deanna</b>		Zumba® Christine
6:00	HIIT Kieonna	<b>Cycle 60 Andy</b> - 6:15-6:45 HardCORE* Kirk		<b>Cycle 60 John</b>			
6:30			Zumba® Suzi	Yoga Basics Katie N.			
7:00	Yoga Flow Autumn	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				

**PLEASE NOTE**  
 All classes are 55 minutes  
 in length unless otherwise noted.  
 Please arrive to class on time!

\* 30-minute class  
 ++ 75-minute class  
 \*\*90-minute class

**Bold classes meet in  
 cycling Studio B**

**Schedule is subject to change**

The latest group exercise schedule is always  
 available at <http://onetoone.case.edu>

Class Descriptions on Reverse Side

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