

ONE TO ONE — FITNESS —

Small Group Training Schedule

Day	Time	Class	Instructor
Monday	8:30-9 a.m.	Kettlebell Express	Melissa
	10:30-11:30 a.m.	TRX	Sean
Tuesday	4:30-5:15 p.m.	Outdoor Bootcamp	Kirk
Wednesday	7-8 a.m.	TRX & Kettlebell Combo	Jason
	8:30-9 a.m.	Kettlebell Express	Melissa
	12:30-1 p.m.	Kettlebell Express	Ben
Thursday	12-12:30 p.m.	Kettlebell Express	Melissa
Friday	12:30-1 p.m.	Kettlebell Express	Ben

Small Group Training Pricing & Guidelines

	Member	Non-Member
Single Session	\$5/class	\$6/class
5-Session Punch Card	\$4.80/class	\$5.76/class
10-Session Punch Card	\$4.60/class	\$5.52/class
1-Month Unlimited Class Pass	\$32/month	\$38/month

- Sign up for classes by calling 216-368-1121, email onetoone@case.edu, or at the front desk of One to One Fitness Center.
- Drop-ins are welcome, but are not guaranteed a spot in class. It is recommended that you sign up in advance.
- Payment must be received prior to the class. Punch cards (or receipt for single sessions purchased) must be presented at each class.
- Sessions expire 90-days from date of purchase.
- Punch cards are non-refundable and non-transferable.