

One to One Fitness Center

Group Exercise Schedule

Sept-Dec 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Cycle 60 Pamela	Yoga Flow** Erin	Cycle 60 Paula	Yoga Flow** Erin	Cycle 60 Pamela		
7:00	Pilates Mat Laura		7-8 TRX/KB Small Group Training				
7:30		Zumba® David A.					
8:15						8:15-9:25 Yoga Flow Julia L. - Cycle 60 Michael C.	
8:30	Qigong Steve		Qigong/Tai Chi Steve		Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club Mark			
9:00							Yoga Flow++ Heather
9:30	Cardio Muscle Mark	Yoga Flow Julie S.	Pilates Mat Hope	Yoga Flow Cindy	Cardio Muscle Pamela	Muscle Conditioning Michael C.	Cycle 60 Alisha
10:30	10:30-11:30 TRX Small Group Training				HardCORE* Pamela	Zumba® David A.	Pilates Fusion Hope
12:00	Muscle Conditioning Pamela	Barre Catherine - Cycle 45 John T.	Zumba® Brenda	Yoga Basics Nick	Muscle Conditioning Sarah		
4:00							Yoga for Stress Relief ++ (4-5:15pm) Nick
4:30	Muscle Conditioning John T.	Yoga Flow Julie S.	Cardio Muscle Denita	Barre Catherine	Zumba® Shawnthea		
5:30	HardCORE* John T. - Cycle 60 Kurt	Hips, Buns & Thighs (45 min) Kirk	Yoga Flow Allison	STRONG Suzi	Yoga Flow++ Nick - Cycle 60 Mary Ann		Zumba® Christine
6:00	Cardio Muscle Deneen	Cycle 60 Deneen - 6:15-6:45 HardCORE* Kirk	Cycle 60 Deneen	Cycle 60 John			
6:30			Zumba® Suzi	Pilates Fusion Laura			
7:00	Yoga Flow Allison	Yoga Flow Katie K.					
7:30							
8:00		Zumba® Christine					

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://case.edu/onetooone>

Class Descriptions on Reverse Side

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