

ONE TO ONE
— FITNESS —

Group Exercise Schedule | Fall 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30		8:30-9:15 a.m. Tai Chi (O/V) Steve		8:30-9:15 a.m. Qigong (O/V) Steve			
9:00						9-9:45 a.m. Yoga Flow (O/V) Katie N.	9-9:45 a.m. Power Yoga (V) Katie D
9:30		9:30-10:15 a.m. Pilates Mat (V) Hope	9:30-10 a.m. HIIT (O/V) Melissa	9:30-10:15 a.m. Yoga Flow (O/V) Cindy	9:30-10:15 a.m. Pilates Mat (V) Hope	9:30-10:15 a.m. Muscle Cond (V) Michael	
12:00	12-12:30 p.m. HIIT (O/V) Melissa	12-12:30 p.m. Kettlebell (O/V) Melissa	12-12:30 p.m. Yoga Sculpt (V) Hanna 12-12:45 p.m. Zumba (O/V) Christel	12-12:30 p.m. Kettlebell (O/V) Melissa	12-12:45 p.m. Yoga Flow (O/V) Nick		
5:30	5:30-6:15 p.m. Yoga Sculpt (V) Hanna	5:30-6:15 p.m. HIIT (V) Michael	5:30-6:15 p.m. Power Yoga (V) Katie D 5:30-6:15 p.m. Cycle (O) Deneen	5:30-6:15 p.m. STRONG (O/V) Suzi			
6:00	6-7 p.m. Cycle (O) Andy						
6:30		6:30-7:15 p.m. Power Yoga (O/V) Suzanne		6:30-7:15 p.m. Zumba (O/V) Christine 6:30-7:15 p.m. Yoga Flow (V) Claire			

(V) = Virtual Class Only (blue) **(O)** = Outdoor Class Only (green) **(O/V)** = Class is held both Outdoors and Virtually

**Location is based on instructor availability.*

Please Note:

- Classes are included with One to One membership. Visit our website for info on signing up in MINDBODY.
- Drop-in, 10-pack and monthly unlimited passes are available. Purchases can be made through MINDBODY.
- (O) = Outdoor Class. Rain location is the 6th floor of the parking garage. (indoor options TBA as weather changes). Masks are required at all times until everyone is socially distanced and actively exercising.
- (V) = Virtual Class (via Zoom). Links are sent 30-min. before class. If you have not received the link, refresh your email and/or email nextlevel@case.edu.
- Class recordings are sent to registrants and viewable for 24 hours.
- Schedule and instructors are subject to change. Visit MINDBODY for the most updated information.



Group Exercise
Webpage



MINDBODY
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