

# One to One Fitness Center

## Group Exercise Schedule | Winter 2021

|       | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|-------|---|---|---|---|---|--|---|
| 8:00  |   | 8-9 a.m.<br>Pilates Reformer*<br>Caleb  |   |   | 8-9 a.m.<br>Pilates Reformer*<br>Caleb            |  |   |
| 8:30  |   | 8:30-9:15 a.m.<br><b>Tai Chi (I/V)</b><br>Steve   |   | 8:30-9:15 a.m.<br><b>Qigong (I/V)</b><br>Steve      |   |  |   |
| 9:00  |   |   |   |   |   | 9-9:45 a.m.<br><b>Yoga Flow (V)</b><br>Katie N.      | 9-9:45 a.m.<br><b>Power Yoga (V)</b><br>Katie D |
| 9:30  | 9:30-10:15 a.m.<br><b>Pilates Mat (I/V)</b><br>Elaine | 9:30-10:15 a.m.<br><b>Pilates Mat (V)</b><br>Hope   | 9:30-10 a.m.<br><b>HIIT (I/V)</b><br>Melissa  | 9:30-10:15 a.m.<br><b>Yoga Flow (I/V)</b><br>Cindy  | 9:30-10:15 a.m.<br><b>Pilates Mat (V)</b><br>Hope | 9:30-10:15 a.m.<br><b>Muscle Cond (V)</b><br>Michael |   |
| 12:00 | 12-12:30 p.m.<br><b>HIIT (I/V)</b><br>Melissa         | 12-12:30 p.m.<br><b>Kettlebell (I/V)</b><br>Melissa   | 12-12:30 p.m.<br><b>Yoga Sculpt (V)</b><br>Hanna  | 12-12:30 p.m.<br><b>Kettlebell (I/V)</b><br>Melissa | 12-12:45 p.m.<br><b>Yoga Flow (V)</b><br>Katie N. |  |   |
| 4:30  |   |   |   |   | 4:30-5:15 p.m.<br><b>Barre (V)</b><br>Andrea      |  |   |
| 5:30  | 5:30-6:15 p.m.<br><b>Yoga Sculpt (V)</b><br>Hanna     | 5:30-6:15 p.m.<br><b>Muscle Cond (V)</b><br>Michael<br><br>5:30-6:15 p.m.<br><b>Power Yoga (V)</b><br>Suzanne | 5:30-6:15 p.m.<br><b>Power Yoga (V)</b><br>Katie D<br><br>5:30-6:30 p.m.<br>Pilates Reformer*<br>Elaine |   |   |  |   |
| 6:30  |   |   | 6:30-7:15 p.m.<br><b>Zumba (I/V)</b><br>Suzi  |   |   |  |   |

**(I/V)** = Class is held both Indoors and Virtually

**(V)** = Virtual Class Only (shaded in blue)

**(\*)** = Pilates Reformer classes (shaded in peach) are an additional charge and held in Studio A. Register through MYiCLUB

**All members receive a FREE Pilates Reformer Intro class!**

**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.
- (I) = Outdoor classes are held in Adelbert Gymnasium, adjacent to One to One. The gym is larger than a basketball court, with tons of social distancing space. Classes may be held outside when weather permits.
- (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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**ONE TO ONE**  
— FITNESS —