

One to One Fitness Center

Group Exercise Schedule | Winter 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30		8:30-9:15 a.m. Tai Chi (I/V) Steve		8:30-9:15 a.m. Qigong (I/V) Steve			
9:00						9-9:45 a.m. Yoga Flow (V) Katie N.	9-9:45 a.m. Power Yoga (V) Katie D
9:30	9:30-10:15 a.m. Pilates Mat (I/V) Elaine	9:30-10:15 a.m. Pilates Mat (V) Hope	9:30-10 a.m. HIIT (I/V) Melissa	9:30-10:15 a.m. Yoga Flow (I/V) Cindy	9:30-10:15 a.m. Pilates Mat (I/V) Molly	9:30-10:15 a.m. Muscle Cond (V) Michael	
10:30			10:30-11 a.m. Chair Yoga (I/V) Cindy				
12:00	12-12:30 p.m. HIIT (I/V) Melissa	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:30 p.m. Yoga Sculpt (V) Hanna	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Yoga Flow (V) Katie N.		
4:30					4:30-5:15 p.m. Barre (R) Andrea		
5:30	5:30-6:15 p.m. Yoga Sculpt (V) Hanna	5:30-6:15 p.m. Muscle Cond (V) Michael	5:30-6:15 p.m. Power Yoga (V) Katie D				
		5:30-6:15 p.m. Power Yoga (V) Suzanne	5:30-6:30 p.m. Pilates Reformer* Elaine				
6:30		6:30-7:15 p.m. Zumba (I/V) Maggie or Christel					

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

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

(R) = Recorded Class (recorded in advance - register for class and the recording will be sent to you)

(*) = 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) = Indoor classes. Hosted in One to One's main studio, registration is limited to ensure proper social distancing. 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.

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— FITNESS —

