

# ONE TO ONE — FITNESS —

Fall 2025

|       | Monday                                                  | Tuesday                                                      | Wednesday                                                                              | Thursday                                              | Friday                                                     | Saturday                                                 | Sunday                                              |
|-------|---------------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------|
| 7:00  | 7-7:45a<br><b>Barre (I/V)</b><br>Shea                   |                                                              | 7-7:45a (I/V)<br><b>Vinyasa Flow Yoga</b><br>Richard O                                 |                                                       | 7-7:45a (I/V)<br><b>Vinyasa Flow Yoga</b><br>Richard O     |                                                          |                                                     |
| 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/Tai Chi (I/V)</b><br>Steve                                 |                                                       | 8:30-9:15 a.m.<br><b>Qigong (I/V)</b><br>Steve             | 8:30-9:30 a.m.<br><b>Yoga Flow (I/V)</b><br>Maria        |                                                     |
| 9:00  | 9:30-10:15 a.m.<br><b>Pilates Mat (I/V)</b><br>Elaine   | 9-9:45 a.m.<br><b>Pilates Mat (V)</b><br>Hope                | 9:30-10:15 a.m.<br><b>HIIT (I/V)</b><br>Annika                                         | 9:30-10:30 a.m.<br><b>Yoga Flow (I/V)</b><br>Cindy    | 9:30-10:15 a.m.<br><b>Pilates Mat (I/V)</b><br>Elaine      | 9-9:45 a.m.<br><b>Cycle (I)</b><br>Katie X               |                                                     |
| 9:30  |                                                         | 9:30-10:30 a.m.<br><b>Yoga Flow (I/V)</b><br>Cindy           |                                                                                        |                                                       |                                                            |                                                          | 9-9:45 a.m.<br><b>Pilates Mat (I/V)</b><br>Ava      |
| 10:00 |                                                         |                                                              |                                                                                        |                                                       |                                                            | 10-10:45 a.m.<br><b>Muscle Cond. (I/V)</b><br>Gabri'el   | 10-10:45 a.m.<br><b>Zumba (I)</b><br>Christel       |
| 11:00 |                                                         | 11-11:45 a.m.<br><b>TRX (I)</b><br>Melissa                   |                                                                                        |                                                       | 11-11:45 a.m.<br><b>TRX (I)</b><br>Gianna                  | 11-11:45 a.m.<br><b>WERQ Dance Fitness (I)</b><br>Angela | 11:30-12:15 p.m.<br><b>Barre (I/V)</b><br>LaShundra |
| 12:00 | 12-12:30 p.m.<br><b>Muscle Mondays</b><br>Melissa (I/V) | 12-12:45 p.m.<br><b>Grounded Strength</b><br>Jackie S. (I/V) | 12-12:45 p.m.<br><b>Rock Solid &amp; Rope Strong (I)</b><br>(TRX/Kettlebell)<br>Jevone | 12-12:45 p.m.<br><b>Kettlebell (I/V)</b><br>Gianna    | 12-12:30 p.m.<br><b>Dynamic Stretching</b><br>Curtis (I/V) |                                                          |                                                     |
| 4:15  |                                                         |                                                              |                                                                                        | 4:15-5:15 p.m.<br><b>Ballet (I)</b><br>Elaine         | 4:30-5:15 a.m.<br><b>Zumba (I)</b><br>Jess                 |                                                          | 4:30-5:30 p.m.<br><b>Yoga Flow (I/V)</b><br>Olivia  |
| 4:30  |                                                         |                                                              |                                                                                        |                                                       |                                                            |                                                          |                                                     |
| 5:30  | 5:30-6:25 p.m.<br><b>Zumba (I)</b><br>Christine         | 5:30-6:15 p.m.<br><b>Barre (I/V)</b><br>LaShundra            | 5:30-6:25 p.m.<br><b>Yoga Flow (I/V)</b><br>Julie                                      | 5:30-6:15 p.m.<br><b>Muscle Cond. (I/V)</b><br>Curtis | 5:30-6:30 p.m.<br><b>Barre (I/V)</b><br>LaShundra          |                                                          |                                                     |
|       | 5:30-6:15 p.m.<br><b>Cycle (I)</b><br>Rebecca           | 5:30-6:30 p.m.<br><b>Cycle (I)</b><br>Richard                | 5:30-6:30 p.m.<br><b>Cycle (I)</b><br>Jackie M.                                        | 5:30-6:30 p.m.<br><b>Cycle (I)</b><br>Richard         |                                                            |                                                          |                                                     |
| 6:30  | 6:30-7:15 p.m.<br><b>Muscle Cond. (I/V)</b><br>Joseph   | 6:30-7:15 p.m.<br><b>Pilates Mat (I/V)</b><br>LaShundra      | 6:30-7:15 p.m.<br><b>WERQ Dance Fitness (I)</b><br>Angela                              |                                                       |                                                            |                                                          |                                                     |
| 6:45  |                                                         |                                                              |                                                                                        |                                                       |                                                            |                                                          |                                                     |

(I/V) = In-Person & Virtually  
(V) = Virtual Class Only (in blue)  
(I) = In-Person Class Only (in peach)

**Sign up for ALL Classes in advance online through Mindbody**

- Classes are open to all fitness levels. Let the instructor know if you are new to class. Consult your physician before beginning any fitness program.
- Notify your instructor if you have any special concerns, i.e. pregnancy, diabetes, fasting, or surgery so modifications can be explained.
- Please do not enter class late or leave early. It is disruptive to others and a proper warm up and cool down are important.
- Drop-in, 10-pack, and monthly unlimited passes are available for non-members. Purchases can be made through MINDBODY.
- Virtual class links are emailed ~45 min. before class. If you have not received the link, refresh your email and/or call 368-1121.
- Class recordings are emailed to virtual registrants after class and viewable for 24 hours.
- Schedule and instructors are subject to change. **Our MINDBODY schedule will have the most updated information.**



**Visit our website or Mindbody for the Pilates Reformer Schedule**

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