



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am GroupCycling 45 Julie K		5:45 am GroupCycling 45 Jackie		5:45 am GroupCycling 45 Jackie/Julie K		
	7:00 am Tabata 45 Faranz/Wendy	7:00 am Bootcamp 45 Faranz/Wendy		7:00 am Bootcamp 45 Faranz		
8:00 am Super Sculpt Jennifer	8:00 am BodyPump Kelly	8:00 am Super Sculpt Maggie	8:00 am BodyPump Kelly	8:00 am Super Sculpt Rae	8:00 am BodyStep Priscilla/Rachel S	8:45 am BodyPump Laura
9:00 am Fit at Any Age Cyndi (St2)	9:15 am Zumba Stacie	9:00 am Fit at Any Age Maggie (St2)		9:00 am Fit at Any Age Beth (St2)	9:15 am BodyPump Priscilla/Rachel S	9:00 am Intensity Cycling Jennifer V/Priscilla
9:15 am Intensity Cycling Julie A	9:15 am Pilates Lana (St 2)	9:15 am Pound Stacie	9:15 am Pilates Lana (St 2)	9:00 am Cycling&Core Maggie	9:15 am Cycling 45 Jennifer V.	10:00 am 30 Min Core Laura
	9:15 am GroupCycling Rachel S		9:30 am Intensity Cycling Julie A	9:15 am BodyStep Rachel S	9:30 am Pilates Sherry (St2)	
10:30 am Yoga Flow Crissy (St2)	10:30 am Yoga Bejan (St2)	10:30 am Yoga Flow Renee (St2)	10:30 am Yoga Ana (St2)	10:30 am Yoga Flow Staff (St2)	Specialty Classes	
			11:00 am Gentle Pilates Lana	11:00 am Chair Yoga Crissy NEW!!!!		
12:00 pm Fit at Any Age Beth		12:00 pm Fit at Any Age Beth	11:30 AM TaiChi Leslie(St2)		Wall Pilates	(Sherry) 4:30p.m. Tues Jun 11
12:30 pm Total Body Conditioning Sherry (St2)	12:30 pm Chair Yoga Crissy (St2)	12:30 pm Strength Cardio Fusion Sherry (St2)	12:30 pm Zumba Gold Stacie	12:30 pm Core Strength & Stretch Sherry	GroupCycling BootCamp 30/30	(Farnaz) 8 a.m. Sat May 4, June 1
		1:00 pm Stretch Class 30 Beth			Better Balance	(Sherry) 11 a.m. Sat. Apr 27, May 18, Jun 22
NEW! 4:30 pm Yoga/Pilates Lana (St2)		4:30 pm Pilates 45 Heather (St2)				
5:30 pm BodyPump Rachel S	5:30 pm Butts&Guts 30 Jackie (St 2)	5:30 pm BodyPump Priscilla	5:15 pm 30 min Core Staff Rotation (St2)	5:30 pm BodyPump Laura		
6:00 pm Cycling & Core Mel	6:00 pm Bootcamp Susan	6:00 pm Group Cycling 45 Julie K/Claire	6:00 pm Bootcamp Tressa/Susan		Dog Walk	(Ashlee) 5:30p.m. May 17, June 14
6:00 pm Yoga Fusion Renee (St 2)	6:15 pm Pilates Sharon (St 2)	6:30pm Body Balance Rachel/Pris	6:00 pm Les Mills Sprint Priscilla/Rachel S		Iron Yoga	(Renee) 8 am Fri Apr 5, May 3, Jun 7
					Aqua Pilates	(Gloria) 10 a.m. Mon Apr 15, May 6, Jun 10
Pre-registration required for specialty classes. Register at front desk or call 440-988-6801. Specialty classes are free to non-members as part of our United We Sweat Program. Photo ID required.					Beginner Yoga	(Sherry) 11 am Sat May 4, Jun 8
Group Exercise Fitness Guidelines: Do not arrive more than 10 minutes prior to class time. All participants must wipe down studio equipment after use.				Class Key: Les Mills Class Group Cycling St2 = Studio 2 Capacity Limits: Studio 1: 26 Participants Studio 2: 25 Participants Cycling: 17 Participants	Outdoor Yoga	(Renee) 6:00p.m. Mon Jun 17 10:30a.m. Wed June 19
Participants must reserve a spot for Spin and Studio classes online or via our app UHAvonFitness or by calling 440-988-6801 for therapy pool (W) classes. We accept reservations the day prior to and day of the scheduled class. Specialty class reservations can be made any time. All classes are 55 minutes unless marked "30", "45" or "90". Schedules are subject to change in the event of instructor illness or low participation.					Outdoor Yoga	(Crissy) 9a.m. Sat Jun 22