

Ladies Movement Fitness Club
Group Fitness Schedule
419-697-5433
Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am	Circuit W/ Alyson (45)	Cycling W/ Bonnie (50)	Cycling W/ Kelly (50)				
8:30 am	Silver Sneakers W/ Rebekah (45)		Silver Sneakers W/ Rebekah (45)				
9:00 am		Zumba W/ CJ (60)		Zumba W/ CJ (60)		Boxing W/Julie (60)	
9:00 am					Silver Sneakers W/ Rebekah (45)	Cycling W/ Kelly (50)	
9:30 am	Basic Step W/ Lisa (60)	Cycling W/ Lisa (30)	Hatha Yoga W/ Rebekah (45)	Cycling W/ Lisa (30)			
10:00 am		Tabata W/ Lisa (60)		Kick & Tone W/ Lisa (60)	Turbo Kick W/ Brittany (60)	Zumba W/ Mary (60)	
5:00 pm		Cycling W/ Kelly (50)					
5:30 pm	Zumba W/ Lisa P. (50)		Zumba W/ Kim (50)				
5:30 pm	Cycling W/ Julie (75)						
6:00 pm		REFIT® W/ Kelly R. (50)					
6:30pm				REFIT® W/ Tina (50)			

*Revised 12/2/2024

Gym Hours:

Mon-Thurs 5:30 am- 8 pm
Friday 5:30 am- 6 pm
Saturday 8 am- 1 pm
Sunday CLOSED

Kids Klub Hours:

Mon-Thurs 9 am- 12 pm & 4 pm- 7 pm
Fri & Sat 9 am- 12 pm
Sunday CLOSED