

Ladies Movement Fitness Club
 Group Fitness Schedule
 419-697-5433

Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		Cycling W/ Bonnie (50)	Cycling W/ Kelly (50)	Tabata W/ Alyson (45)			
8:30 am	Silver Sneakers W/ Rebekah (45)		Silver Sneakers W/ Rebekah (45)				
9:00 am		Zumba W/ CJ (60)		Zumba W/ CJ (60)	Silver Sneakers W/ Rebekah (45)	Boxing W/Julie (60)	
9:00 am						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/ Kim (60)	
5:00 pm		Cycling W/ Kelly (50)					
5:30 pm	Zumba W/ Kim (50)		Zumba W/ Kim (50)				
5:30 pm	Cycling W/ Julie (75)			Cardio Drumming W/ Toni (60)			
6:00 pm		REFIT® W/ Marisela (50)					
6:30 pm				REFIT® W/ Tina (50)			

*Revised 12/1/2023

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