

Group Fitness @ Harmony in Health Ltd.

December 2018

GET FIT. STAY FIT.

419.502.0072



Harmony in Health reserves the right to make schedule changes as needed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POUND 9:00 AM BELLY DANCE 4:45 PM YOGA 5:30 PM KP BOOT CAMP 5:30 PM BEGINNER SPIN 6:30 PM ZUMBA 6:30 PM	YOGA 9:00 AM BEGINNER SPIN 9:00 AM TONING 12:15-12:45 PM POUND 5:30 PM YOGA 5:30 PM BODY SHOP 6:30 PM NK TAE KWON DO 6:45 PM	FITT FUSION 9:00 AM CYCLE & CORE 4:45 PM TONING 5:30 PM YOGA 5:30 PM	YOGA 9:00 AM FUNCTIONAL FITT 10:00 AM TONING 12:15-12:45 PM BEGINNER SPIN 5:00 PM YOGA 5:30 PM NK TAE KWON DO 5:30 PM ZUMBA 6:30 PM BODY SHOP 6:30 PM	YOGA 9:00 AM FITT 9:00 AM	SPIN 8:00 AM YOGA 8:45 AM FITT FUSION 9:00 AM

We will be closed Sunday, December 23rd
 thru Tuesday, January 1st.
 Classes resume Wednesday, January 2nd.

Merry Christmas



WEATHER POLICY

Morning Classes: If all area schools are CLOSED or Erie County is under a LEVEL 2 or higher SNOW EMERGENCY, there will be NO MORNING CLASSES.

Afternoon/Evening/Weekend Classes: If Erie County is under a LEVEL 2 or higher SNOW EMERGENCY, ALL CLASSES WILL BE CANCELLED.

Toning @ Harmony in Health

Monday 5:30 pm
Tues & Thurs 6:30 pm
Wednesday 5:30 pm
Fri & Sat 9:00 am



WWW.HARMONYINHEALTHLTD.COM