



Group Fitness @ Harmony in Health Ltd.

January 2019

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 INDOOR CYCLING 6:30 PM ZUMBA 6:45 PM	YOGA 9:00 AM INDOOR CYCLING 9:00 AM TONING 12:15-12:45 PM POUND 5:30 PM STEP 5:45 PM BODY SHOP 6:30 PM NK TAE KWON DO 6:45 PM	FITT FUSION 9:00 AM SPIN w/Lee 5:00 PM TONING 5:30 PM YOGA 5:30 PM	YOGA 9:00 AM STRENGTH AND BALANCE 10:00 AM TONING 12:15-12:45 PM INDOOR CYCLING 5:00 PM YOGA 5:30 PM NK TAE KWON DO 5:30 PM BODY SHOP 6:30 PM ZUMBA 6:45 PM	YOGA 9:00 AM FITT 9:00 AM	SPIN w/Amy 8:00 AM YOGA 8:45 AM FITT FUSION 9:00 AM



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.

SilverSneakers FLEX Qualifying Classes:

POUND : Monday 9:00 AM & Tuesday 5:30 PM

STRENGTH AND BALANCE : Thursday 10:00 AM

INDOOR CYCLING (Spinning):

Monday 6:30 PM

Tuesday 9:00 AM

Thursday 5:00 PM



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