

Group Fitness @ Harmony in Health Ltd.

March 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 4:45 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 |

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



WEATHER POLICY

Please check the Home Page of our website for details.

SPRING into SHAPE
9 Week Challenge

Harmony in Health challenges you to complete 30 Harmony in Health Classes beginning February 14th through April 19th. When you complete the challenge your name will be entered into a drawing for a chance to win 1 of 3 prizes.

Grand Prize: 30 minute massage with Rena
 Harmony in Health 1/4 zip pullover
 \$25 Target Gift Card

First Place: \$25 Target Gift Card

Second Place: \$20 Target Gift Card

WWW.HARMONYINHEALTHLTD.COM