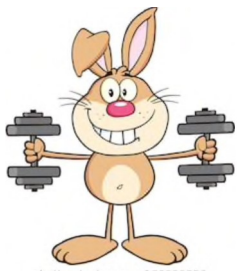


# Group Fitness @ Harmony in Health Ltd.


## April 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
BELLY DANCE 4:45 PM YOGA-Level 1 5:30 PM 15—15—15 5:30 PM INDOOR CYCLING 6:30 PM ZUMBA 6:45 PM	YOGA-Level 1-2 9:00 AM INDOOR CYCLING 9:00 AM TONING 12:15-12:45 PM YOGA-Level 1-2 Flow 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-Level 2 5:30 PM	YOGA-Level 1-2 9:00 AM STRENGTH AND BALANCE 10:00 AM TONING 12:15-12:45 PM INDOOR CYCLING 5:00 PM YOGA-Level 2-3 5:30 PM NK TAE KWON DO 5:30 PM BODY SHOP 6:30 PM	FITT 9:00 AM	SPIN w/Amy 8:00 AM YOGA-Level 1-2 8:45 AM FITT FUSION 9:00 AM 

### Easter Holiday Schedule

**Good Friday Yoga 9:00 AM**—April 19th—Join us for a Level 1-2 Vinyasa Flow class with extended Savasana.

**Saturday Morning Yoga 9:00 AM** - April 20th—This class will focus heavily on stretching and relaxation.

**Friday April 19-Sunday April 21st**—Closed for all other classes.



**Ends Friday, April 19th**

### Class Schedule Changes

**Mondays 5:30 PM** 15—15—15 - Toning, Cardio & Stretch in 15-minute intervals. A great class for getting started or adding variety to your workout! No Monday or Tuesday Pound.

**Tuesdays 5:30 PM**—Yoga Level 1-2 Vinyasa Flow Class – Build strength and flexibility in this movement-focused class. No Friday AM Yoga .

**Thursdays 6:45 PM**—No Zumba



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