



Group Fitness @ Harmony in Health Ltd.

May 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 STRENGTH AND BALANCE 10:00 AM TONING 12:15-12:45 PM SPIN w/Amy 4:45 PM YOGA-Level 1-2 Flow 5:30 PM STEP 5:30 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	BOOM—Move it 9:00 AM	SPIN w/Amy 8:00 AM YOGA-Level 1-2 8:45 AM FITT FUSION 9:00 AM



SilverSneakers FLEX Qualifying Classes

STRENGTH AND BALANCE :

Tuesday 10:00 AM
 Thursday 10:00 AM

INDOOR CYCLING (Spinning):

Monday 6:30 PM
 Tuesday 9:00 AM
 Thursday 5:00 PM

BOOM—Move It:

Friday 9:00 AM

New Classes

Mondays 5:30 PM 15—15—15 - Toning, Cardio & Stretch in 15-minute intervals.

Tuesdays 4:45 PM Spin with Amy - Cardio-intense cycling to great music.

Tuesdays 5:30 PM Yoga Level 1-2 Vinyasa Flow Class – Build strength and flexibility in this movement-focused class.

THE SWEAT.
THE TIME.
THE DEDICATION.
IT PAYS OFF

WWW.HARMONYINHEALTHLTD.COM