

Group Fitness @ Harmony in Health Ltd.


June 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 |
|--|--|---|---|----------------------|--|
| YOGA-Level 1-2 12:00 PM BELLY DANCE 4:45 PM YOGA-Level 1 5:30 PM KICKBOXING 5:30 PM NK TAE KWON DO 6:00 PM INDOOR CYCLING 6:30 PM NK TKD—Sparring 6:40 PM ZUMBA 6:45 PM | YOGA-Level 1-2 8:45 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 | FITT FUSION 9:00 AM SPIN w/Lee 4:45 PM TONING 5:30 PM YOGA-Level 2 5:30 PM NK TAE KWON DO 6:30 PM | YOGA-Level 1 Gentle Basics 8:45 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 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  |

YOGA

Mornings: Tuesday, Thursday & Saturday 8:45 AM

Afternoon: Monday 12:00 PM

Evenings: Monday 5:30 PM

Tuesday 5:30 PM

Wednesday 5:30 PM

Thursday 5:30 PM

New Classes

Mondays 12:00 PM Yoga — Level 1-2 Slow Flow and Deep Stretch

Mondays 5:30 PM Kickboxing — Cardio / Pad Work (Bring gloves)

Tuesdays 8:45 AM Yoga — New Time

Thursdays 8:45 AM Yoga — Level 1 - Gentle Basics Class

A LOOK AHEAD:
 Closed Thurs, July 4th
 Friday, July 5th-
 No BOOM
 Saturday, July 6th-
 No FITT FUSION

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

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