

Group Fitness @ Harmony in Health

September 2019



GET FIT. STAY FIT.



419.502.0072



Sam Bryant returns to Step on Tuesdays at 5:30 PM!

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 SPIN w/Lee 6:30 PM NK TKD—Sparring 6:40 PM POUND 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 YOGA 101 6:45 PM	FITT FUSION 9:00 AM SPIN w/Lee 4:45 PM TONING 5:30 PM YOGA-Level 1-2 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 STEP 5:30 PM BODY SHOP "C" 6:30 PM YOGA 101 6:45 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 & Thursday 10:00 AM

INDOOR CYCLING (Spinning):
Tuesday 9:00 AM & Thursday 5:00 PM

POUND
Monday 6:45 PM

BOOM—Move It:
Friday 9:00 AM

YOGA 101

Tuesday

AND

Thursday

6:45 PM

Learn Yoga from the ground up!
Each class is a separate learning experience designed for those who are new to Yoga.

New Yoga Class:

Wednesday 5:30 PM—Level 1-2

This Slow Flow and Deep Stretch beginner-accessible class includes flow-based moving meditation to warm the muscles followed by holding a series of poses to work into deeper connective tissue.

YOGA

Mornings:	Tuesday, Thursday & Saturday	8:45 AM
Afternoon:	Monday	12:00 PM
Evenings:	Mon, Tues, Wed, Thurs Tuesday & Thursday	5:30 PM 6:45 PM

