



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15AM	WEIGHTED INTENSITY OR TREAD & SHRED	TABATA TRAINING	TRX TRAINING	HIIT /HIRT INTERVALS OR CARDIOBOXING	BOOTCAMPX	7:30AM TRX-RIDE-ROW-REP	Monthly Highlights  Sunday 12/22 Free Classes 9:15am Xmas Cardio 4pm Xmas Candlelight Yoga  AOK! will be closed for the Holiday 12-23 thru 12-26  12/31/19 NYE, BEAT BOX PARTY with Katey, Kim, Sara & Suzi  1/1/20 Set Your Intentions Buti Yoga w/Kim at 11am  THE ACCUMULATOR  10AM YOGA;/PURE STRETCH	
8:15AM						CARDIOBOXING		
8:30AM	BARRE-PILATES CORE	STEP 45	SCULPT BY BUTI (AKA YOBATA)	PILATES MATWORK*	HOT CORE BY BUTI	BUTI BANDS* OR HOT CORE BY BUTI*		
9:15AM	CARDIOBOXING & YOGA//SLOWFLOW	WEIGHTED INTENSITY** OR BUTI YOGA (75MINS)	BOXING, BEATZ & BOSU BALL & DEEP BY BUTI YOGA**	HIIT/HIRT INTERVALS** & BUTI BANDS & FLOW	BARRE CONTROL & CORE** & RIPPED**	9AM BUTI YOGA** LIFTX WERQ, POUND & ZUMBA MEDLEY		
10AM	SUSPENSION CORE & MORE*		TRX BOOTCAMP XPRESS			9:45AM STEP 45		
10:30AM	SILVERSNREAKERS-BOOM	SILVERSNREAKERS-CIRCUIT	SILVERSNREAKERS-BOOM	SILVERSNREAKERS-CLASSIC	SILVERSNREAKERS-YOGA W/ CHAIR	<b>KEY CODE for AOK!'s 6 Class Categories</b>  <b>Group Fitness/Group Cycling</b> <b>Barre-Pilates CORE</b> <b>Yoga4Fitness Includes Buti Yoga</b> Buti Yoga is a 75 min class except at 6am on Fri. <b>DNCE BTZ Fitness</b> Includes ZUMBA POUND WERQ <b>Suspension Training Programs</b> <b>SilverSneakers Programs</b>  All Classes are 45 mins. Unless as indicated below *Indicates 30 min classes **Indicates 60 min classes Buti Yoga is a 75 min class  We suggest that you make a reservation for all classes Any class that has less than 3 participants one hour prior to class start time may be cancelled. So please, let us know you intend to attend by scheduling your classes in advance. It is equally important to cancel your classes at least 1 hour in advance to allow another to attend.		
5:15PM	R.I.P.P.E.D./RUMBLE	TABATA TRAINING	4:45PM STEP 45 ←	PLEASE NOTE: NO CHILDCARE FOR THIS CLASS				
5:30PM			TREAD & SHRED	AB CIRCUIT*				
6:00PM	WEIGHTED INTENSITY & BUTI SCULPT* OR HOT CORE*	WERQ & PILATES MATWORK	BARRE-PILATES CORE	THE ACCUMULATOR AND BUTI BANDS & YOGA FLOW	<b>CHILDCARE</b> Offered during shaded times only! Register Online or via our own AOK! App available or both Iphone & Droid.  Be sure to check <a href="http://www.aokfitness.com">www.aokfitness.com</a> for AOK! Childcare Info & Scheduling.			
6:15PM	6:30PM BUTI YOGA**		BUTI YOGA (75MINS) SUSPENSION CORE & MORE*					
6:45PM	STEP 45 & BARRE-PILATES CORE	YOGA://DEEP FLOW & TURBOKICK*	DANCE BEATZ MEDLEY POUND/ZUMBA/WERQ	WERQ & 11/5/19 TRX YOGA FLOW 11/12/19 HOT CORE 11/19/19 DEEP BY BUTI**				
7:30PM	ZUMBA							

## Class/Appt. Scheduling Policy and Cancellations

At times, it becomes necessary to alter our class schedule. We try in all cases never to cancel a class but instead adjust it's format in the event of instructor illness. When classes do not have 3 or more attendees scheduled, we may cancel a class when there is another for guests to attend. You will be notified via email/text.

Please be sure in all cases you are scheduling and cancelling your classes /appts. particularly any class with space limitations so that another waitlisted person can attend. AOK!'s App makes it simple, visit our website at [www.aokfitness.com](http://www.aokfitness.com) for info on how to download AOK!'s App.

## Childcare Reservation Policy

Reservations are required daily! Your spot must be reserved (cancelled to avoid being charged) by 7am for Morning Classes.

Reserve & cancel by 3pm for Evening Classes.

Saturday by 9pm Friday Evening.

Book using our Via our Class Schedule page or AOK! app both can be found at [www.aokfitness.com](http://www.aokfitness.com)

\*Cost is just \$4 per child per visit to drop-in or you can purchase a Childcare Visit Card for reduced visit fees..

\*Ultimate 36 Members pay only \$1/visit with card 20 Visit Punch Card. 3rd child is FREE.

\*All Other Memberships pay \$2 per visit per child with 10 Visit Punch Card. \$20

Please note: if you are more than 15 minutes late we cannot guarantee that childcare provider will remain on premises in the event there are no other children attending during that timeslot.

Please do not call to cancel or reserve.

## Join our Social Media Groups- Stay Connected

Facebook Groups Search:

\*AOK! Fitness Page

[www.facebook.com/AOKFitness](http://www.facebook.com/AOKFitness)

\*AOK! Fitness Member Groups

<https://www.facebook.com/groups/aokfitness/>

\*Buti Yoga AOK! Tribe

#butiyogaoktribe

\*AOK! WERQForce

\*Instagram: @kim4aokfitness

#aokfitness #iamaok

\*Twitter: kim4aokfitness



**Have questions? Please email us at [aokitness@gmail.com](mailto:aokitness@gmail.com) – we'll respond during daily business times as quickly as possible. Please keep in mind we do not use FB/Instagram Messenger for business contact.**

Welcome to  
**AOK!**  
FITNESS  
[www.aokfitness.com](http://www.aokfitness.com)

LOCATED IN THE STAPLES PLAZA  
12381 PEARL RD.  
STRONGSVILLE, OH 44136  
440.268.9210  
INFO@AOKFITNESS.COM

## OFFERING 6 CLASS CATEGORIES IN 3 STUDIOS!

- GROUP FITNESS/GROUP CYCLING (50 PLUS CLASSES WEEKLY)
- BARRE-PILATES CORE BARRE PILATES MATWORK
- DANCE BEATZ FITNESS ZUMBA POUND WERQ
- SUSPENSION TRAINING & SUSPENDED TRX YOGA
- YOGA4FITNESS DEEP FLOW BUTIYOGA RESTORATION YOBATA
- SILVERSNEAKERS SENIOR FITNESS

PERSONAL TRAINING PRIVATE STUDIO TRAINING WITH SPECIAL DISCOUNTED PRICING DURING "OFF HOURS". & FOR MEMBERS ADD-ON.

SEE BACK FOR CHILDCARE INFO AND HOW TO SCHEDULE TIME FOR YOU & YOUR KIDS!  
DOWNLOAD AOK!'S OWN APP FOR APPLE OR ANDROID PLATFORMS  
ALL INFO & PRICING CAN BE FOUND AT [WWW.AOKFITNESS.COM](http://WWW.AOKFITNESS.COM)