

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	WEIGHTED INTENSITY	TABATA TRAINING OR CARDIOBOXING	TRX TRAINING & BARRE CONTROL & CORE	HIIT /HIRT INTERVALS OR HIIT THE ST3P	BOOTCAMPX	7:30AM TRX-RIDE-ROW-REP	Download your copy & entry and play March Motivational Madness with us! 3 prizes will be awarded!
8:15AM						CARDIOBOXING	
8:30AM	BARRE-PILATES CORE	STEP 45	SCULPT BY BUTI*	PILATES MATWORK*	HOT CORE BY BUTI*	BUTI BANDS* OR HOT CORE BY BUTI*	8:45PM THIGHS, BUTTS & GUTS OR AB LAB
9:15AM	CARDIOBOXING & YOGA//SLOW FLOW	WEIGHTED INTENSITY** OR THIGHS, BUTTS & GUTS & BUTI YOGA (75MINS)	BOXING, BARRE & BALL DEEP BY BUTI YOGA**	HIIT/HIRT INTERVALS** & BUTI BANDS*	9AM BARRE CONTROL & CORE** & RIPPED** OR WERQ	9AM BUTI YOGA** LIFTX DNC BTZ FITNESS CLASS	THE ACCUMULATOR
9:45AM	10AM SUSPENSION CORE & MORE*	TUESDAY MARCH 17 TH 5:30PM FREE CLASS SHAMROCK-SHAKE-UP W/SUZI, JOHN & AJ		PRIMAL FLOW	YOGA//SLOW FLOW	STEP 45 OR BARRE CONTROL & CORE**	YOGA//PURE STRETCH
10:30AM	SILVER-SNEAKERS-BOOM	SILVER-SNEAKERS-CIRCUIT	SILVER-SNEAKERS-BOOM	SILVER-SNEAKERS-CLASSIC	SILVER-SNEAKERS-YOGA W/ CHAIR	<p>KEY CODE for AOK!'s 6 Class Categories</p> <p>Group Fitness/Group Cycling Barre-Pilates CORE Yoga4Fitness Includes Buti Yoga Buti Yoga is a 75 min class except at 6am on Fri. DNCE BTZ Fitness Includes ZUMBA POUND WERQ Suspension Training Programs SilverSneakers Programs</p> <p>All Classes are 45 mins. Unless as indicated below *Indicates 30 min classes **Indicates 60 min classes Buti Yoga is a 75 min class</p> <p>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.</p>	
5:15PM	R.I.P.P.E.D/RUMBLE OR CARDIOBOX	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 BUTI BANDS OR HOT CORE	WERQ & PILATES MATWORK & ROTATING STRENGTH CLASS	BARRE-PILATES CORE	THE ACCUMULATOR & BARRE CONTROL & CORE	<p>CHILDCARE Offered during shaded times only! Register Online or via our own AOK! App available or both Iphone & Droid.</p> <p>Be sure to check www.aokfitness.com for AOK! Childcare Info & Scheduling.</p>		
6:15PM	6:30PM BUTI YOGA** OR DEEP BY BUTI OR PRIMAL FLOW		BUTI YOGA (75MINS) SUSPENSION CORE & MORE*				
6:45PM	STEP 45 & BARRE-PILATES CORE	YOGA//SLOW FLOW & ROTATING GROUP FITNESS CLASS	DANCE BEATZ MEDLEY POUND/ZUMBA/WERQ	WERQ & HOT CORE OR BUTI BANDS NO HOT CORE 3-26-20			
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 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

*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

*AOK! Fitness Member Groups

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

*Buti Yoga AOK! Tribe

#butiyogaoktribe

*AOK! WERQForce

*Instagram: @kim4aokfitness

#aokfitness #iamaok

*Twitter: kim4aokfitness



social
media

Have questions? Please email us at 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

LOCATED IN THE STAPLES PLAZA
12381 PEARL RD.
STRONGSVILLE, OH 44136
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OFFERING 6 CLASS CATEGORIES IN 3 STUDIOS!

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