


HOPE FAMILY FITNESS

CLASS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	Group Power Fit**		Group Power Fit**		Group Power Fit**		
6:00 AM	(5:30 - 6:15a)		(5:30 - 6:15a)	Power Vinyasa**	(5:30 - 6:15a)		
6:30 AM				(6 - 7a)			
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM						Advanced Vinyasa***	
9:00 AM						(8:30 - 9:30a)	Nature Yoga*
9:30 AM							(9-10a @ Veterans)
10:00 AM		Yoga Blast***		S&C Boot Camp*		Nature Yoga*	
10:30 AM		(10 - 11a)		(10 - 10:45a)		(10-11a @ Chagrin River)	Cycle Sprint*
11:00 AM			Gentle Yoga*				(10:30a - 11:15a)
11:30 AM			(11 - 11:45a)				
12:00 PM	Abs & Assets**	Spin + Core*	Cycle Sprint*		Abs & Assets**		
12:30 PM	(12 - 12:45p)	(12 - 12:45p)	(12 - 12:45p)		(12 - 12:45p)		
1:00 PM							
1:30 PM							
2:00 PM						Visit our Classes page for Class Descriptions & Registration *Registration closes 1 hour prior to class time*	
2:30 PM							
3:00 PM				Spin + Core*			
3:30 PM				(3 - 3:45p)			
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Strength & Savasana*			HIIT & Kick*			
6:00 PM	(5:30 - 6:30p)	Body Blast***	Hot HIIT Yoga**	(5:30 - 6:15p)			
6:30 PM		(6:15 - 7p)	(6 - 7p)				
7:00 PM							
7:30 PM							

Unlimited Classes with Memberships

Class Passes / Packages Available

Class Type	Classes
Boot Camp	20
Cycling / Spin	Weekly
Hybrid	
Strength Trng	
Yoga	

Pre-Registration Required

Level

*All Levels **Intermediate ***Advanced

www.HopeFamilyFitness.com/classes



Sign Up to See Why Our Clients Say:

"Guaranteed to get a great workout!" Beth H. "My home away from home. I love this place!" Vanessa S. "A hidden gem!" Courtney T.

Located in Great Lakes Mall - 7850 Mentor Avenue, Mentor, Oh 44060
 Our boutique fitness facility has quick access via mall doors by Tony Sacco's
 Phone: 440-701-6450 Email: info@hopefitness.info