

One to One Fitness Center

Group Exercise Schedule

Jan-Apr 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Muscle Conditioning David E. - <b>Cycle 60</b> Kate F.	Yoga Flow** Julie	<b>Cycle 60</b> Paula	Yoga Flow** Brian	Muscle Conditioning David E.		
6:30					<b>Cycle 60</b> John		
7:00			<b>7-8</b> TRX/KB Small Group Training				
7:30		Zumba* David A.					
8:15						8:15-9:25 Yoga Flow Brian - <b>Cycle 60</b> Deneen	
8:30	Qigong Steve		Qigong/Tai Chi Steve	<b>Cycle 45</b> Vincent	Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club Dave			
9:00							Yoga Flow ++ Julie
9:30	Cardio Muscle David E.	Synergy Julie	Pilates Mat Hope	Synergy Nick	HIIT Jason	Muscle Conditioning Deneen - <b>Cycle 75</b> Andy	<b>Cycle 60</b> Mike
10:30	<b>10:30-11:30</b> TRX Small Group Training		<b>10:30-11:30</b> TRX Small Group Training		HardCORE* Jason	Zumba* David A.	Pilates Fusion Hope
12:00	Muscle Conditioning Sarah	Barre Jess <b>Cycle 45</b> John	Zumba* Brenda	Yoga Basics Nick	Muscle Conditioning Sarah		
12:30							Zumba* Express* Christel
1:00							POUND** Nicole
1:30							HardCORE* Christel
4:00							Yoga for Stress Relief ++ (4-5:15pm) Nick
4:30	Muscle Conditioning John	Zumba Brandy	Cardio Muscle Sarah	Pilates Fusion Molly	20/20/20 John	Zumba* Jillian	<b>4:30 Cycle 60</b> John
5:30	HardCORE* John - <b>Cycle 60</b> Kurt	Hips, Buns & Thighs (45 min) Dan	Yoga Flow Katie N. - <b>Cycle 60</b> Vincent	Insanity* Carrie	Yoga Flow ++ Nick - <b>Cycle 60</b> Mike		Zumba* Christine
6:00	Caribbean Cardio Davon	<b>Cycle 60</b> Andy - 6:15-6:45 HardCORE* Dan		<b>Cycle 60</b> Katie K.			
6:30			Zumba* Suzi	Yoga Basics Claire			
7:00	Yoga Flow ++ Nick	Yoga Flow Hillary					
7:30			<b>7:15-8:15pm</b> <b>Cycle Bootcamp</b> Deneen	Barre Brandy			
8:00		Zumba* Christine	8:15-8:45pm HardCORE* Deneen				
8:30	Zumba* Amanda			Hip-Hop & Abs Brandy			

**PLEASE NOTE**  
All classes are 55 minutes  
in length unless otherwise noted. Please  
arrive to class on time!

\* 30-minute class  
++ 75-minute class  
\*\* 90-minute class

**Bold classes meet in  
cycling Studio B**

**Schedule is subject to change**

The latest group exercise schedule is always  
available at <http://onetoone.case.edu>

Class Descriptions on Reverse Side

\*\*Please note, there is a small group training fee for classes highlighted in gray\*\*