

**One to One Fitness Center**

**Group Exercise Schedule**

**Jan-Apr 2018**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
6:00	Muscle Conditioning David E. - <b>Cycle 60 Pamela</b>	Yoga Flow** Deanna	<b>Cycle 60 Paula</b>	Yoga Flow** Deanna	Muscle Conditioning John T.		
6:30							
7:00			<b>7-8 TRX/KB Small Group Training</b>				
7:30		Zumba® David A.					
8:15						8:15-9:25 Yoga Flow Brian - <b>Cycle 60 Pamela</b>	
8:30	Qigong Steve		Qigong/Tai Chi Steve	<b>Cycle 45 Vincent</b>	Tai Chi Steve		
8:45		Breakfast Club Dave		Breakfast Club John B.			
9:00							Yoga Flow++ Julie
9:30	Cardio Muscle David E.	Synergy Deanna	Pilates Mat Hope	Synergy Deanna	Cardio Muscle Pamela	Muscle Conditioning John T.	<b>Cycle 60 Mike</b>
10:30	<b>10:30-11:30 TRX Small Group Training</b>		<b>10:30-11:30 TRX Small Group Training</b>		HardCORE* Pamela	Zumba® David A.	Pilates Fusion Hope
12:00	Muscle Conditioning Pamela	Barre Catherine <b>Cycle 45 John T.</b>	Zumba® Brenda	Yoga Basics TBA	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) Ellie
4:30	Muscle Conditioning John T.	STRONG™ Suzi	Cardio Muscle Sarah	PiYo® Brandy	Zumba® Jillian		<b>4:30 Cycle 60 John T.</b>
5:30	HardCORE* John T. - <b>Cycle 60 Kurt</b>	Hips, Buns & Thighs (45 min) Kirk	Yoga Flow Katie N. - <b>Cycle 60 Vincent</b>	Strength & Power Kieonna	Yoga Flow++ Ellie - <b>Cycle 60 Mike</b>		Zumba® Christine
6:00	Caribbean Cardio Davon	<b>Cycle 60 Andy</b> - 6:15-6:45 HardCORE* Kirk		<b>Cycle 60 Katie K.</b>		<p><b>PLEASE NOTE</b> All classes are 55 minutes in length unless otherwise noted. Please arrive to class on time!</p> <p>* 30-minute class ++ 75-minute class **90-minute class</p> <p><b>Bold classes meet in cycling Studio B</b></p> <p><b>Schedule is subject to change</b></p> <p>The latest group exercise schedule is always available at <a href="http://onetoone.case.edu">http://onetoone.case.edu</a></p>	
6:30			Zumba® Suzi	Yoga Basics Claire			
7:00	Yoga Flow++ TBA	Yoga Flow Katie K.					
7:30			<b>7:15-8:15pm Cycle Bootcamp Deneen</b>	Barre Andrea			
8:00		Zumba® Christine	8:15-8:45pm HardCORE* Deneen				

*Class Descriptions on Reverse Side*

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