

One to One Fitness Center

Group Exercise Schedule

Sept-Dec 2017

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