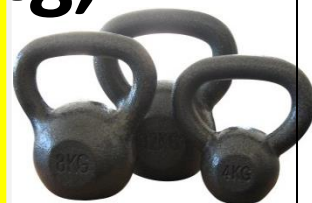


Starting  
Aug 1<sup>st</sup>!

# TRX, Total Body Training, & Kettlebell Small Group Training



## CLASS SCHEDULE

Day	Time	Class	Location	Instructor
Monday	8:30 AM	KB Express	121 Fitness	Melissa
	10:30 AM	TRX	121 Fitness	Sean
	5:30 PM	Kettlebell	121 Fitness	Amanda
	<b>5:30 PM</b>	<b>Total Body Training(TBT)</b>	<b>121 Fitness</b>	<b>Scott</b>
Tuesday	4:30 PM	KB Express*	121 Fitness	Kirk
	5:00 PM	KB Express*	121 Fitness	Kirk
	<b>5:30 PM</b>	<b>Total Body Training(TBT)</b>	<b>Veale</b>	<b>Nick</b>
Wednesday	7:00 AM	TRX & Kettlebell Combo	121 Fitness	Jason
	8:30 AM	KB Express*	121 Fitness	Melissa
	10:30 AM	TRX	121 Fitness	Sean
	12:30 PM	Kettlebell Express*	121 Fitness	Ben
	<b>5:30 PM</b>	<b>Total Body Training(TBT)</b>	<b>121 Fitness</b>	<b>Scott</b>
Thursday	12:00 pm	KB Express*	121 Fitness	Melissa
	5:30 PM	KB Express*	121 Fitness	Amanda
	6:00 PM	KB Express*	121 Fitness	Amanda
Friday	12:30 PM	KB Express*	121 Fitness	Ben
Saturday	<b>9:00 AM</b>	<b>Total Body Training(TBT)</b>	<b>121 Fitness</b>	<b>Scott</b>
Sunday	1:30 PM	KB Express*	121 Fitness	Amanda

\*All classes are 60 minutes in duration unless labeled "Express" which are 30 minutes.

Veale Center classes are held in the classroom, located in the weight room area.

121 Fitness membership card or a photo ID are required for entry into 121 Fitness Center. **Photo ID is required** to enter Veale.

Instructor is subject to change.

### TO SIGN UP FOR CLASSES:

Call 216-368-1121 • Email [onetoon@case.edu](mailto:onetoon@case.edu) • Front desk of 121 Fitness • 121@Veale office

1•2•1  
FITNESS

# TRX, TBT, Kettlebell, & Spartan Bootcamp

## CLASS PRICING



	Member	Non-Member
1-Session	\$5.00/class	\$6.00/class
5-Session Punch Card	\$4.80/class	\$5.76/class
10-Sessions Punch Card	\$4.60/class	\$5.52/class
1-Month Unlimited Class Pass	\$32/month	\$38/month

Unlimited class passes give you unlimited access to any Small Group Training class for 1 month from date of purchase!

### Punch Card (package) Guidelines:

- Punch cards can be used for any of the Small Group Training classes.
- Punch cards must be presented at class time.
- Sessions expire 90-days from date of purchase.
- Punch cards are non-refundable and non-transferable.
- Class cancellations need to be made a minimum of 24-hours in advance.

### Sign Up Guidelines:

- Sign up for classes by calling 216-368-1121, email [onetoon@case.edu](mailto:onetoon@case.edu), or at the front desk of 121 Fitness.
- Drop-ins are welcome, but are not guaranteed a spot in class. It is recommended that you sign up in advance!
- Class Sign Up Sheets are available 2-weeks in advance at the front desk.
- Payment must be received prior to the class.
- Cancellations must be made with at least 24-hour notice. Call 216-368-1121, email [onetoon@case.edu](mailto:onetoon@case.edu) or at the front desk of 121 Fitness Center. Less than 24-hour notice will result in a charge/punch for the class.

