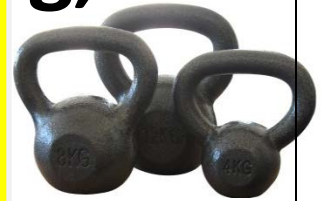




Starting  
Jan 2<sup>nd</sup>!

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



## CLASS SCHEDULE

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

