



North Royalton Group Exercise Schedule

January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:15-7:05am Power Sculpt Chris Bring a Mat		9-9:50am Zumba Dana Gym			
AM	9-9:50am Step Sharon Bring a Mat	9-9:50am Zumba Dana Gym	9-9:50am Kickboxing Kristie	9-10:00am Outdoor Bootcamp Denise MetroParks.	9-9:50am Zumba Dana	9-9:50am Zumba Suzanne	9:00-10:00am Barbell Strength- RIP Rinette Bring a Mat
Am	10:00-10:50am Zumba Suzanne	9-10:00am Outdoor Bootcamp Denise MetroParks		10:30-11:30am Barbell Strength- RIP Denise M Bring a Mat	10-10:50am Barre Andi/Mary K. Bring a Mat	10:00-10:50am Cardio Strength Combo Denise Bring a Mat	10:15-11:05am Zumba Sharon/Bri
PM		Power Sculpt Sharon 10-10:50 Bring a Mat	11-11:50pm Silver Sneakers Yoga Kristie	10:00-10:50am Walk 15 Chris Gym	11:00-11:50 Silver Sneakers Classic Vicki		11:15-12:05am Yoga Basics Angie
	12 -12:50pm Fitness after 50 Chris L.	10:00-10:50am Walk 15 Chris Gym	12-12:50pm Silver Sneaker Classic Vicki	12-12:50pm Silver Sneaker Circuit Kristie	12 -12:50pm Fitness after 50 Mary K		
		11:30-12pm Boom Muscle Kristie Bring a Mat					
PM		12:10-12:55pm Boom Mind Kristie Bring a Mat		5:00-6:00pm Pilates Sharon Bring a Mat		<p>Happy New Year! Schedule Changes</p> <p>New Instructor Wednesday 9am Spin Tim!</p> <p>11am Tai Chi Easy is now SS Yoga/w Kristie</p> <p>12pm SS Circuit Kristie</p>	
PM	6:10-7:00pm Heavy Bag HIIT Angie Bring Gloves	5:00-5:50pm Step Fusion Vicki Bring a Mat	6:00-7:00pm Barbell Strength RIP Denise M Bring a Mat				
PM	7:30-8:20pm Zumba Dana	6-6:50pm Barre Andi Bring a Mat		7:30-7:50pm Zumba Dana			