

Spring 2010

Western Reserve Racquet & Fitness Club Group Fitness Schedule

11013 Aurora-Hudson Road ♦ Streetsboro, Ohio 44241 ♦ 330-653-3103

EFFECTIVE April 5, 2010

Spring 2010

♥ Cardio ♥ † Conditioning †

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am ♥Cycling - Anne♥	NEW ! 6:00 am Strength Training Express - Mike	6:00am ♥Cycling - Anne♥			
8:30am Circuit Conditioning † Adam	8:00am † POWER PUMP † Crystal		8:00am † POWER PUMP † Crystal		7:30 am Cycling♥ Anne	
9:15 am ZUMBA !♥ Elise	9:15am ♥Cycle In the Zone♥ Lynn	9:15am CARDIO DANCE Elise	9:15am ♥Cycle In the Zone ♥ Lynn	9:00 am † ♥Cardio & Conditioning♥ † Jan	9:00am ♥Step♥ Rotating	
10:45am Senior Fit Jean		10:45am Senior Fit Jean			10:00 am POWER PUMP † Crystal	10:00am Yoga Paul
12:15pm † Conditioning † Lynn	12:15pm Slow & Steady Yoga Jenni	12:15pm ♥Kickboxing♥ Adam	12:15pm ♥Cycling♥ Jan	12:15pm Slow & Steady Yoga Jenni	11:11 am ZUMBA !♥ Crystal	
	4:00pm Tai Chi Dan	4:30pm Yoga Jenni				
5:30pm Step♥	5:30pm Butts & Guts!	5:30pm ZUMBA !♥ Elise	5:30pm † Circuit Conditioning Adam	5:30pm Yoga Paul		
6:40 pm ♥Cycle In the Zone Lynn	6:30 pm Yoga Michelle	6:40 pm ♥Cycle In the Zone Lynn	6:30 pm Kickboxing Adam			