

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Gentle Yoga	5:45 am HIIT w/Robin *30 Minutes	5:45 am HIIT w/Robin *30 Minutes (Synrgy)	5:45 am HIIT w/Robin *30 Minutes	5:45 am HIIT w/Robin *30 Minutes (Track)	5:45 am HIIT w/Robin *30 Minutes	7:15am Spinning w/ Dave *Participant Card Req'd
10:30 am MEDITATION	6:00 am Spinning w/Ted *Participant Card Req'd	6:45am Sunrise Yoga (Party Room)	6:00am Spinning w/Dave *Participant Card Req'd	6:45 am Sunrise Yoga (Party Room)	6:00am Spinning w/Jeff *Participant Card Req'd	7:30am Power Hour w/Ron Court #3
	6:45am Sunrise Yoga (Party room)	8:30 am Zumba GOLD w/Cookie	6:45am Sunrise Yoga (Party Room)	9:00am Cardio Interval w/Jeanelle	6:45 am Sunrise Yoga (Party Room)	8:00 am Dynamic Duo w/Peggy <b>NEW</b>
	9:30 am Battle Plan Boot Camp w/Jon (Track)	9:30am Inferno Interval (Track) w/Dionne *30 minutes	8:30 am Zumba GOLD w/Cookie	9:30 am Inferno Interval (Track) w/Dionne *30 minutes <b>NEW</b>	8:30 am Zumba GOLD w/Cookie (Fitness Room)	8:45am TRX Max w/ Jon (Track)*30 minutes
	10:45 am Wellness Yoga	9:30 am Strength & Step	8:45 am Power Circuit w/Peggy	9:45 am Spinning w/ John *Participant Card Req'd	9:15 am Back and Core Strong w/Jon (Track)	9:15am Simple Stretch w/Peggy
	11:00am HIIT w/ Robin (Track) *30 minutes	9:45 am Spinning w/Jenny *Participant Card Req'd	9:30 am Total Tabata w/Peggy	9:45am SYNRGY Circuit (SYNRGY & Track)	9:30 am Body Fit w/Jeanelle	9:30am Ultimate Workout (Track) w/Dwayne & Jon
	5:30pm Kickboxing w/Dwayne *45 minutes	10:45 am Intermediate Yoga	9:30 am Battle Plan Boot Camp w/Jon (Track)	10:45am Intermediate Yoga	9:45am Spinning w/Jenny *Participant Card Req'd	9:45am Spinning w/John *Participant Card Req'd
	5:30pm HIIT w/Robin (Track) *30 minute class	1:30pm Body Blast w/Dionne	10:45am Beginner's Yoga	1:30pm Body Blast w/Dionne	10:45am Beginner's Yoga	10:30 am MEDITATION
	6:30pm Beginner Yoga (Party Room)	5:30p Power Burn w/Dwayne Court #3	12:15 pm Spinning w/John *Participant Card Req'd	5:15pm Back and Core Strong w/Jon (Fitness Room)	6:15pm DIVA Party w/Thia <b>NEW</b>	11am Power Walk Pilates w/Thia
	6:30pm ZUMBA w/ Cookie	6:15 pm Spinning w/Dave *Participant Card Req'd	5:30pm Kickboxing w/Dwayne *45 minutes	5:30pm BootCamp w/Dwayne (Track)		
	7:30pm Wellness Yoga (Party Room)	6:45pm Sunset Yoga (Party Room)	6:15pm Spinning w/John *Participant Card Req'd	6:15pm Spinning w/Dave *Participant Card Req'd		
			6:30pm TRX Boot Camp w/Jon (Track)	6:15pm Step Interval w/Peggy		
			6:30pm ZUMBA W/Cookie	6:45pm Wellness Yoga (Party Room)		
			7pm Relaxation Yoga (Party Room)			



## Announcements

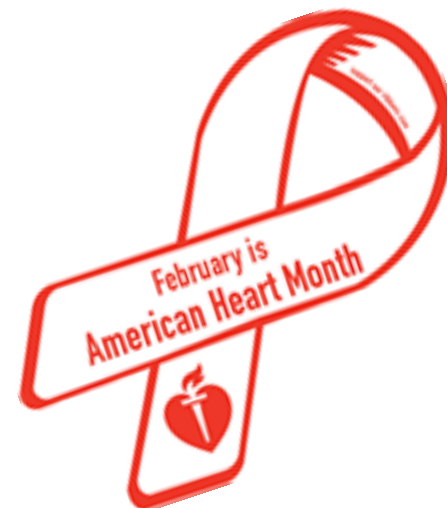
Check out our new website we launched by visiting  
<https://twinsburgfitness.com/>

Please visit our Facebook page  
<https://www.facebook.com/TwinsburgFitnessCenter/>  
 or you can call 330-405-5757 and ask the  
 front desk for any class updates.

Co-Ed Power Xpress Volleyball League  
 Register your team at the front desk  
 Deadline Feb. 8th!

# Aqua Fitness

<b>MON</b>	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6 pm Hydro Fitness w/Lori	
<b>TUES</b>	8:15am Deep Water Workout w/Paula	9:00 am Water Workout w/ Paula	11:00am Aqua Flex w/Nancy	12:00pm Silver Splash w/Thia	6:15pm Aqua DIVA & Stretch w/Thia *45 minute class
<b>WED</b>	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6:15pm Aqua Tabata w/ Thia	
<b>THURS</b>	8:15am Deep Water Workout w/Paula	9:00 am Water Workout w/ Paula F.	11:00am Aqua Flex w/Nancy	12:00pm Silver Splash w/Thia	6:15 pm Aqua DIVA & Stretch w/Thia *45 minute class
<b>FRI</b>	8:30 am Deep Water Challenge w/Paula	9:15 am Shallow Challenge w/Paula	10:00 am Gentle Water w/Paula	11:00am Aqua Flex w/Nancy	
<b>SAT</b>	8:30 am Hydro Fitness w/Lori	12pm Aqua Diva & Stretch w/Thia *45 Minute Class			



# Silver Sneakers

**Silver Sneakers Reminder!!**  
Please remember when Twinsburg City School District is closed due to inclement weather, Silver Sneaker classes are CANCELLED.

<b>Monday</b>	9:45 am SS Circuit W/Dionne	12pm SS Classic w/Dionne		
<b>Tuesday</b>	10:15 am SS Classic w/Dionne	11:45am SS Chair Yoga (Fit Room)	12 pm Silver Splash w/Thia	
<b>Wednesday</b>	9:45 am SS Circuit w/Dionne	11:45 am SS Yoga	1:00pm SS Classic	
<b>Thursday</b>	10:15am SS Classic	11:45am SS Chair Yoga (Fit Room)	12 pm Silver Splash w/ Thia	
<b>Friday</b>	9:00 am SS Circuit w/Dionne	10:00am SS Circuit w/Marlene	11:45 am SS Yoga	1:00 pm SS Classic

