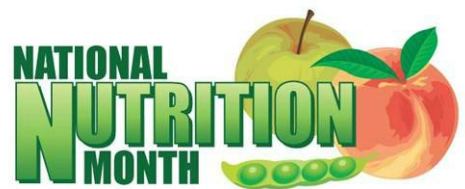


# MARCH

| Sunday                 | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|------------------------|---|---|--|---|--|--|
| 9:30 am<br>Gentle Yoga | 5:45 am<br>HIIT w/ Robin<br>*30 Minutes               | 5:45 am<br>HIIT w/ Robin<br>*30 Minutes (Synrgy)              | 5:45 am<br>HIIT w/ Robin<br>*30 Minutes                | 5:45 am<br>HIIT w/ Robin<br>*30 Minutes (T-Zone)              | 5:45 am<br>HIIT w/ Robin<br>*30 Minutes                | 7:15am<br>GO Fit Boot Camp<br>w/ Greg (T-Zone)             |
| 10:30am<br>Meditation  | 5:45am<br>GO Fit Boot Camp<br>w/ Greg (T-Zone)        | 5:45am<br>GO Fit Boot Camp w/ Greg<br>*30 min Court #3        | 5:45am<br>GO Fit Boot Camp<br>w/ Greg (T-Zone)         | 5:45am<br>GO Fit BootCamp w/ Greg<br>*30 min Court #3         | 5:45am<br>GO Fit Boot Camp<br>w/ Greg (T-Zone)         | 8:00 am<br>Dynamic Duo<br>w/ Peggy                         |
|                        | 6:00 am<br>Spinning w/ Ted<br>*Participant Card Req'd | 6:45 am<br>Sunrise Yoga<br>(Party Room)                       | 6:00 am<br>Spinning w/ Dave<br>*Participant Card Req'd | 6:45 am<br>Sunrise Yoga<br>(Party Room)                       | 6:00 am<br>Spinning w/ Jeff<br>*Participant Card Req'd | 9:15 am<br>Simple Stretch<br>w/ Peggy                      |
|                        | 6:45 am<br>Sunrise Yoga<br>(Party room)               | 8:30 am<br>Zumba GOLD<br>w/ Cookie                            | 6:45 am<br>Sunrise Yoga<br>(Party Room)                | 9:00 am<br>Cardio Interval<br>w/ Jeanelle                     | 6:45 am<br>Sunrise Yoga<br>(Party Room)                | 9:30 am<br>Ultimate Cardio/Core<br>(T-Zone) w/ Dwayne/Greg |
|                        | 9:30 am<br>Battle Plan Boot Camp<br>w/ Jon (T-Zone)   | 9:30 am<br>Inferno Interval (T-Zone)<br>w/ Dionne *30 minutes | 8:30 am<br>Zumba GOLD<br>w/ Cookie                     | 9:30 am<br>Inferno Interval (T-Zone)<br>w/ Dionne *30 minutes | 8:30 am<br>Zumba GOLD w/ Cookie<br>(Fitness Room)      | 9:45 am<br>Spinning w/John<br>*Participant Card Req'd      |
|                        | 9:45am<br>Spinning w/ John<br>*Participant Card Req'd | 9:30 am<br>Strength & Step w/ Jan                             | 8:45 am<br>Power Circuit<br>w/ Peggy                   | 9:45 am<br>Spinning w/ John<br>*Participant Card Req'd        | 9:30am<br>Sharp Circuit w/ Jon<br>(T-Zone)             | 10:15am<br>Ultimate Strength (T-Zone)<br>w/ Dwayne/Greg    |
|                        | 10:45am<br>Beginner's Yoga                            | 9:45 am<br>Spinning w/ Jenny<br>*Participant Card Req'd       | 9:30 am<br>Total Tabata w/ Peggy                       | 10:45 am<br>Intermediate Yoga                                 | 9:30 am<br>Body Fit<br>w/ Jeanelle                     | 10:30am<br>Meditation                                      |
|                        | 11:15 am<br>HIIT w/ Robin (T-Zone)<br>*30 minutes     | 10:45am<br>Deep Stretch Flow Yoga                             | 9:30 am<br>Battle Plan Boot Camp<br>w/ Jon (T-Zone)    | 5:30 pm<br>Boot Camp<br>w/ Dwayne (T-Zone)                    | 9:45 am<br>Spinning w/Jenny<br>*Participant Card Req'd |  |
|                        | 5:30 pm<br>Kickboxing<br>w/ Dwayne *45 minutes        | 5:30 pm<br>Power Burn<br>w/ Dwayne (T-Zone)                   | 9:45am<br>Spinning w/ John<br>*Participant Card Req'd  | 5:30pm<br>Yogalates w/ Thia<br>(Party Room)                   | 10:45am<br>Beginner's Yoga                             |  |
|                        | 5:30 pm<br>HIIT w/Robin (T-Zone)<br>*30 minute class  | 5:30pm<br>Barre Interval w/ Kayla                             | 10:45am<br>Beginner's Yoga                             | 6:15 pm<br>Spinning w/ Dave<br>*Participant Card Req'd        |  |  |
|                        | 6:15pm<br>Cross Fitness w/ Jon<br>(T-Zone)            | 6:15 pm<br>Spinning w/ Dave<br>*Participant Card Req'd        | 11:15am<br>SHE Lifts<br>w/ Dionne (T-Zone)             | 6:15 pm<br>Step Interval<br>w/ Peggy                          |  |  |
|                        | 6:30 pm<br>ZUMBA w/ Cookie<br>(Fitness Room)          | 6:45 pm<br>Sunset Yoga<br>(Party Room)                        | 5:30 pm<br>Kickboxing<br>w/ Dwayne *45 minutes         | 6:45 pm<br>Wellness Yoga<br>(Party Room)                      |  |  |
|                        | 6:45pm<br>Beginner Yoga<br>(Party Room)               |   | 6:30 pm<br>Spinning w/John<br>*Participant Card Req'd  |   |  |  |
|                        |   |   | 6:30 pm<br>TRX Boot Camp<br>w/ Jon (T-Zone)            |   |  |  |
|                        |   |   | 6:30 pm<br>ZUMBA<br>w/ Cookie                          |   |  |  |
|                        |   |   | 6:45pm<br>Relaxation Yoga<br>(Party Room)              |   |  |  |



## Facts about Nutrition!

### Whole grains help you feel full -

Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.

### Water is your friend -

Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day. So limit high-calorie beverages, including soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.

For more information visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

# Aqua Fitness

|                  |   |  |                                     |                                 |
|------------------|---|--|-------------------------------------|---------------------------------|
| <b>MONDAY</b>    | 9:00 am<br>Aqua Challenge<br>w/ Sharon<br>*30 Minute Class* | 9:30 am<br>Water Works<br>w/Sharon                           | 10:30 am<br>Aqua Lite<br>w/Sharon   | 6 pm<br>Hydro Fitness<br>w/Lori |
| <b>TUESDAY</b>   | 8:30am<br>Deep Water Workout<br>w/Paula                     | 11:00am<br>Aqua Flex<br>w/Nancy                              |                                     |                                 |
| <b>WEDNESDAY</b> | 9:00 am<br>Aqua Challenge<br>w/ Sharon<br>*30 Minute Class* | 9:30 am<br>Water Works<br>w/Sharon                           | 10:30 am<br>Aqua Lite<br>w/Sharon   |                                 |
| <b>THURSDAY</b>  | 8:30am<br>Deep Water Workout<br>w/Paula                     | 11:00am<br>Aqua Flex<br>w/Nancy                              | 12:00pm<br>Silver Splash<br>w/ Thia |                                 |
| <b>FRIDAY</b>    | 8:30 am<br>Deep Water Challenge<br>w/Paula                  | 9:15am<br>Shallow Water w/ Paula                             | 10:00am<br>Gentle Water w/ Paula    | 11:00am<br>Aqua Flex<br>w/Nancy |
| <b>SATURDAY</b>  | 8:30 am<br>Hydro Fitness<br>w/Lori                          | 12:15pm<br>Aqua Diva & Stretch<br>w/Thia<br>*45 Minute Class |                                     |                                 |



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# Silver Sneakers

|                  |                                     |  |  |                                   |
|------------------|-------------------------------------|--|--|-----------------------------------|
| <b>MONDAY</b>    | 9:45 am<br>SS Circuit<br>w/ Dionne  | 12:00 pm<br>SS Classic<br>w/ Dionne                    |  |                                   |
| <b>TUESDAY</b>   | 10:15 am<br>SS Classic<br>w/ Dionne | 11:45am<br>SS Chair Yoga<br>w/ Pushpa<br>(Fit Room)    |  |                                   |
| <b>WEDNESDAY</b> | 9:45 am<br>SS Circuit<br>w/ Dionne  | 11:45am am<br>SS Chair Yoga<br>w/ Pushpa<br>(Fit Room) | 1:00 pm<br>SS Classic<br>w/Dionne                    |                                   |
| <b>THURSDAY</b>  | 10:15 am<br>SS Classic<br>w/ Dionne | 11:45 am<br>SS Chair Yoga<br>w/ Pushpa<br>(Fit Room)   | 12:00pm<br>Silver Splash<br>w/ Thia                  |                                   |
| <b>FRIDAY</b>    | 9:00 am<br>SS Circuit<br>w/ Dionne  | 10:00 am<br>SS Circuit<br>w/ Marlene                   | 11:45 am<br>SS Chair Yoga<br>w/ Pushpa<br>(Fit Room) | 1:00 pm<br>SS Classic<br>w/Dionne |