

FITNESS ONE

14 YOUNGSTOWN-WARREN RD PINETREE SQUARE PLAZA *
NILES, OH 44446 * 330.544.0165

Group Fitness Schedule

www.fitnessoneniles.com

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 AM MON. MORNING BEATDOWN <i>KEVIN</i>	9:30 AM ZUMBA <i>STACI</i>	9:30 AM SilverSneakers <i>MARGO</i>	9:30 AM ZUMBA <i>STACI</i>	9:30 AM SilverSneakers <i>MARGO</i>	10:00 AM POWER KETTLES <i>HANNA</i>
	10:30 AM POWER-UP <i>GERI</i>	10:30 TRX Suspension Training <i>ROB</i>	10:30 AM CARDIO KETTLE <i>KEVIN</i>		10:30AM KETTLENETIKS <i>ROB</i>	
	5:30 SHAKE IT UP <i>JESSISCA</i>	5:30 POWER KETTLES <i>HANNA</i>	5:30 FIT BODY <i>MICHELE</i>	5:30 ZUMBA <i>WENDY</i>		
	6:40 SYNERGY <i>ROB</i>	6:40 ZUMBA <i>WENDY</i>	6:40 SHAKE IT UP <i>BLAIR</i>	6:40 FUSED <i>ROB</i>		

GROUP FITNESS CLASSES INCLUDED WITH GYM MEMBERSHIP OR SEPARATE PACKAGES AVAILABLE.