

**Effective 9-1-22**

# **RISE | FITNESS**

REDEFINE IMPOSSIBLE

**3839 Pearl Road  
Medina, OH 44256  
(330) 952-2024**

**Pink = Strength**  
**Yellow = Cardio**  
**Blue = Wellness**  
**Green =TURF**  
**Xpress Classes - 30 Minutes**

SUN	MON MON	TUE TUE	WED WED	THU THU	FRI FRI	SAT SAT
	<p><b>8:30am Studio Cycle Barb</b></p> <p><b>9:30am Bootcamp Barb</b></p>	<p><b>7:00 am Studio Cycle Sheila</b></p> <p><b>8:30am Spinning Barb</b></p> <p><b>9:30am LIFT Barb</b></p>	<p><b>8:30am Zumba Sara/Tanya</b></p> <p><b>9:30am Sweat Roulette Varies</b></p>	<p><b>7:00am Studio Cycle Sheila</b></p> <p><b>9:30am Strength Circuit Frank</b></p>	<p><b>8:30am Cobalt X Stephanie</b></p> <p><b>9:30am Zumba Sara</b></p>	<p><b>7:00am Spinning Sheila</b></p> <p><b>8:00am Sweat Roulette Varies</b></p>
	<p><b>5:30pm LIFT April</b></p> <p><b>6:30pm Zumba Tanya</b></p>	<p><b>5:30pm Spin Strength Amanda H</b></p>	<p><b>5:30pm Cobalt X Kayla</b></p> <p><b>6:30pm Zumba Bri</b></p>	<p><b>5:30pm Spin Stretch Amanda H</b></p>	<div style="text-align: center;"> <h2><b>REDEFINE FINE</b></h2> <p>Redefine Your Impossible Every Single Day.</p> </div>	

Class instructor, format and time subject to change

Group Exercise Manager - Meredith Bulan