

Effective 2/1/24

RISE | FITNESS

REDEFINE IMPOSSIBLE

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

Pink = Strength
Yellow = Cardio
Blue = Wellness
Green = TURF
Classes are 45 min unless noted with an *

SUN	MON	MON	TUE	TUE	WED	WED	THU	THU	FRI	FRI	SAT	SAT
			7:00 am *Studio Cycle Sheila				7:00am *Studio Cycle Sheila				7:00am Spinning Sheila	
	8:30am Spinning Kayla		8:30am Spinning Sheila		8:30am Barre Nikki				8:30am Bootcamp Kayla		8:00am Bootcamp Varies	8:00am Barre Nikki
	9:30am Lift Kayla		9:30am Lift Tanya		9:30am HIIT Kayla		9:30am Strength Circuit April		9:30am Zumba Tanya			
							10:30am Gentle Yoga Sam					
	5:30pm Lift April		5:30pm Spinning Kayla		5:30pm Lift Tanya							
							6:00pm *Power Yoga Matthew					
	6:30pm Zumba Tanya		6:30 Strength Circuit Eric		6:30pm Cardio Kick Box Nikki							
					7:30 Intro to Weightlifting Nikki	7:30 ABS,Core &Balance Eric						