Effective 1-1-23

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
	8:30am Studio Cycle Barb		7:00 am Studio Cycle Sheila		8:30am Zumba Sara/Tanya		7:00am Studio Cycle Sheila		8:30am Cobalt X Stephanie		8:00am Spinning Sheila	
	9:30am Bootcamp Barb		8:30am Spinning Barb		9:30am Sweat Roulette Varies		9:30am Strength Circuit Frank		9:30am Zumba Sara		9:00am Sweat Roulette Varies	
			9:30am LIFT Barb		10:30am Restorative Yoga Amanda							
	5:30pm LIFT April		5:30pm *Spin Strength Kayla		5:30pm Cobalt X Kayla		5:30pm Spinning Amanda					
	6:30pm Zumba Tanya				6:30pm Zumba Bri		6:30pm *Power Yoga Amanda					

REDEFINE

Redefine Your Impossible
Every Single Day.

Class instructor, format and time subject to change

Group Exercise Manager - Meredith Bulan