

Effective
2/1/2026

RISE | FITNESS

REDEFINE IMPOSSIBLE

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

Red = Strength
Yellow = Cardio
Blue = Wellness
Purple = Strength & Cardio Combo
Classes are 45 min unless noted **

SUN	MON	TUE	WED	THU	FRI	SAT	
		<p>7:00 am *Spinning Sheila</p> <p>8:30am Spinning Kayla</p> <p>9:30am Barre Kayla</p>	<p>8:30am HIIT Kayla</p> <p>9:30am Lift Tanya</p>	<p>8:30am Spinning Kayla</p> <p>9:30am Lift Kayla</p>	<p>7:00am *Spinning Sheila</p> <p>8:30am Cardio Blast Tanya</p> <p>9:30am Lift Tanya</p>	<p>8:30am Bootcamp Tanya/Kayla</p> <p>Kayla 2/6 3/6 4/3 5/1</p> <p>9:30am Zumba Tanya</p>	<p>7:00am Spinning Sheila</p> <p>8:00am Bootcamp Tanya/ April</p>
		<p>5:30pm Lift April</p> <p>6:30pm Zumba Tanya/Bri</p>	<p>5:30pm** Lift/Cardio Blast Tanya/April</p> <p>Bri 2/9 3/9 4/13 5/11</p>	<p>5:30pm** Lift/Cardio Blast Tanya</p>			