

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
		7:00 am *Spinning Sheila		7:00am *Spinning Sheila		7:00am Spinning Sheila
	8:30am Spinning Kayla	8:30am HIIT Kayla	8:30am Spinning Kayla	8:30am Cardio Blast Tanya	8:30am Bootcamp Tanya/Kayla	8:00am Bootcamp Tanya/ April
					Kayla 2/6 3/6 4/3 5/1	
	9:30am Barre Kayla	9:30am Lift Tanya	9:30am Lift Kayla	9:30am Lift Tanya	9:30am Zumba Tanya	
	5:30pm Lift April	5:30pm** Lift/Cardio Blast Tanya/April	5:30pm** Lift/Cardio Blast Tanya			
	6:30pm Zumba Tanya/Bri	Bri 2/9 3/9 4/13 5/11				