

Effective
4/7/2025- 7/5/2025

RISE | FITNESS

REDEFINE IMPOSSIBLE

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

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

SUN	MON	MON	TUE	TUE	WED	WED	THU	THU	FRI	FRI	SAT	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 Party Stacey		8:30am Bootcamp Tanya/Kayla	Kayla April 4th May 2nd June 6th	8:00am Barre Nikki	8:00am Bootcamp Varies
	9:30am Barre Stacey		9:30am Lift Tanya		9:30am Lift Kayla		9:30am Lift Tanya		9:30am Zumba Tanya/Stacey	Stacey April 4th May 2nd June 6th		
							10:30am Gentle Yoga Sam					
	5:30pm Lift April		5:30pm Spin/Strength Kayla		5:30pm** Lift/Cardio Blast Tanya		5:30pm Yoga Amanda					
	6:30pm Zumba Tanya/Sam	Sam April 21st May 19th June 16th										