

Effective 1/5/2025

# 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 Kayla		8:00am Bootcamp Varies	8:00am Barre Niki
9:00 am *Abs, Core & Balance Eric												
	9:30am Barre Stacey		9:30am Lift Tanya		9:30am Lift Kayla		9:30am Strength Circuit Tanya		9:30am Zumba Stacey			
							10:30am Gentle Yoga Sam					
	5:30pm Lift April		5:30pm** Strength Cardio Kickboxing Niki/Eric		5:30pm** Lift/Cardio Blast Tanya		5:30pm** Spin/Strength Kayla					
	6:30pm Zumba Sam											