


Effective 4-3-22

RISE | FITNESS

REDEFINE IMPOSSIBLE

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

Pink = Strength
Yellow = Cardio
Blue = Wellness
Green = TURF
Xpress Classes - 30 Minutes

SUN	MON	MON	TUE	TUE	WED	WED	THU	THU	FRI	FRI	SAT	SAT
			7:00 am Studio Cycle Sheila				7:00am Studio Cycle Sheila				7:00am Spinning Sheila	
	8:30am Studio Cycle Barb		8:30am Spinning Barb		8:30am Zumba Sara				8:30am Cobalt X Stephanie		8:00am Sweat Roulette April	
	9:30am Bootcamp Barb		9:30am LIFT Barb		9:30am Sweat Roulette Meredith/Kelly		9:30am Strength Circuit Frank		9:30am Zumba Sara			
	5:30pm LIFT April		5:30pm Spin Strength Amanda H		5:30pm Cobalt X April		5:30pm Spin Strength Amanda H		 <p>Redefine Your Impossible Every Single Day.</p>			
	6:30pm Zumba Tanya				6:30pm Zumba Bri							

Class instructor, format and time subject to change

Group Exercise Manager - Meredith Bulan