



# FITNESS CLASSES

## OCTOBER 2021 - SCHEDULE



### Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM C.L.R. w/ Greg (Cycle, Lift, Run)	5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM C.L.R. w/ Greg (Cycle, Lift, Run)	5:45 AM HIIT w/Robin (30 Minutes)	7:15 AM GO Fit Boot Camp w/ Greg (T-Zone)
10:00 AM Cycling w/ John (Party Room)	9:30 AM Boot Camp w/ Dustin (T-Zone)	9:00 AM TNT (Tone & Tighten) w/ Peggy (Upstairs)	9:30 AM Boot Camp w/ Dustin (T-Zone)	10:00 AM Cycling w/ John (Party Room)	9:00 AM Saturday Circuit Surprise w/ Peggy (Court #2)
6:00 PM Zumba w/ Stephanie (Upstairs)	6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)	6:00 PM Zumba w/ Stephanie (Upstairs)	9:30 AM Zumba w/ Cookie (Upstairs)		
	6:30 PM Strong Nation w/ Lauren (Upstairs)		6:00 PM Step Interval w/ Peggy (Court #2)		
			6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)		
			6:30 PM Strong Nation w/ Lauren (Upstairs)		

**TFC Hours**  
 Monday - Thursday:  
 5:30 AM - 9:00 PM  
 Friday:  
 5:30 AM - 8:00 PM  
 Saturday:  
 7:00 AM - 3:00 PM

**Fall FAMILY FEST**  
**OCTOBER 30TH, 1-4 PM**  
**GLENN CHAMBERLIN PARK**  
 Featuring Truck or Treat & More!  
 Presented by: Skylight Financial Group - Carcioppolo

**Personal Training**  
 - Peggy Bartulovic -  
 - Dustin Quarles -  
 - Dionne Jones -  
 Training packages  
 available for individuals  
 or groups.

# EMPOWERING HEALTH & WELLNESS

[TwinsburgFitness.com](http://TwinsburgFitness.com) | Now on Instagram!



## Silver Sneakers

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM SS Circuit w/ Dionne (Court #1)	9:00 AM SS Classic w/ Dionne (Court #1)	10:15 AM Boom Muscle w/ Tim (Upstairs)	9:00 AM SS Circuit w/ Dionne (Court #1)	8:45 AM SS Circuit w/ Dionne (Court #1)
10:15 AM Boom Muscle w/ Tim (Upstairs)	11:00 AM SS Yoga w/ Pushpa (Party Room)	10:45 AM Boom Mind w/ Tim (Upstairs)	11:00 AM SS Yoga w/ Pushpa (Party Room)	
10:45 AM Boom Mind w/ Tim (Upstairs)				

## Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Deep Water Aqua Challenge w/ Sharon	8:45 AM Deep Water Workout w/ Paula	9:00 AM Deep Water Aqua Challenge w/ Sharon	8:45 AM Deep Water Workout w/ Paula	8:45 AM Deep Water Workout w/ Paula	9:00 AM Hydro Fitness w/ Lori
9:30 AM Water Works w/ Sharon	9:30 AM Shallow Water Workout w/ Paula	9:30 AM Water Works w/ Sharon	11:00 AM Aqua Flex w/ Nancy	9:30 AM Shallow Gentle Water w/ Paula	
10:30 AM Aqua Lite w/ Sharon	11:00 AM Aqua Flex w/ Nancy	10:30 AM Aqua Lite w/ Sharon		11:00 AM Aqua Flex w/ Nancy	

**CUSTOMER SERVICE & GUEST ADMISSION: Monday-Friday, 7 AM - 7 PM | Saturday, 7 AM - 2 PM**