



FITNESS CLASSES

NOVEMBER 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)	NEW TIME: 6:30 PM Sunset Yoga w/ Gopi (Party Room/Patio)	9:00 AM TNT (Tone & Tighten) w/ Peggy (Upstairs)	9:30 AM Zumba w/ Cookie (Upstairs)	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)	6:30 PM Strong Nation w/ Lauren (Upstairs)	6:00 PM Zumba w/ Stephanie (Upstairs)	6:00 PM Step Interval w/ Peggy (Court #2)		NEW: 9:30 AM Cycling w/ John (Party Room)
			NEW TIME: 6:30 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



NOVEMBER 14TH TWINSBURG FITNESS CENTER

ONE MILE FUN RUN - \$15 | 5 MILER - \$25
INCREASES ON RACE DAY! CHECK IN BEGINS AT 9 AM.

REGISTER AT TWINSBURGRECREATION.COM!

Personal Training

- Peggy Bartulovic -
- Dustin Quarles -
- Dionne Jones -

Training packages
available for individuals
or groups.

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

EMPOWERING HEALTH & WELLNESS

TwinsburgFitness.com | Follow us on Instagram!




Silver Sneakers

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



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	



Training Sessions with Steve Manna
Wednesdays: 7-8 PM, Twinsburg Fitness Center

Weekly focus on the five fundamental skills to bridge the gap between where the player is and where they want to be. Open to youth, high school, and college players. Group rates, \$35/player.

FAST

SPEED & AGILITY TRAINING

FOR ALL SPORTS & ATHLETES AGES 10-14
PROGRAM DETAILS COMING SOON!

TWINSBURGFITNESS.COM