

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am GO Fit Boot Camp w/ Greg (Court 3)	5:45am GO Fit Boot Camp w/ Greg (Court 3)	5:45am GO Fit Boot Camp w/ Greg (Court 3)	5:45am GO Fit Boot Camp w/ Greg (Court 3)	5:45am GO Fit Boot Camp w/ Greg (Court 3)	7:15am GO Fit Boot Camp w/ Greg (T-Zone)
5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	*9:00 am Triple Threat w/ Peggy (Starts week of 1/11)
*6:45 am Sunrise Yoga w/ Gopi (Starts week of 1/11)	*6:45 am Sunrise Yoga w/ Gopi (Starts week of 1/11)	*9:00 am Power Circuit w/ Peggy (Starts week of 1/18)	*6:45 am Sunrise Yoga w/ Gopi	*6:45 am Sunrise Yoga w/ Gopi (Starts week of 1/11)	*10:30 am Meditation w/ Gopi (Starts week of 1/11)
*11:30am Spinning w/ John (Court 1)	*11:00 am Chair Yoga w/ Gopi (Starts week of 1/11)	*6:00 pm Zumba (Upstairs) w/ Stephanie	*11:00 am Chair Yoga w/ Gopi (Starts week of 1/11)	*10:00am Spinning w/ John (Court 1)	
*6:00 pm Sunset Yoga w/ Gopi (Starts week of 1/11)	*6:00 pm Sunset Yoga w/ Gopi (Starts week of 1/11)		*6:00 pm Step Interval w/ Peggy (Starts week of 1/11)		
*6:00 pm Zumba (Upstairs) w/ Stephanie			*6:00 pm Sunset Yoga w/ Gopi (Party Room) (Starts week of 1/11)		

*Limited class size & pre-registration is necessary. You may register by calling 330-405-5757 or online at twinsburgfitness.com

Facility Hours

**Monday - Thursday 5:30am - 1:00pm
2:00pm - 9:00pm**

**Friday 5:30am - 1:00pm
2:00pm - 8:00pm**
*Close 1pm-2pm for deep cleaning

Saturday 7:00am - 3:00pm

Customer Service Hours

**Monday - Friday 10:00am - 12:00pm
4:00pm - 6:00pm**

Saturday 12:00pm - 3:00pm

Happy New Year

Aqua Fitness



Happy New Year
2021

MONDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/ Sharon
TUESDAY	8:30am Deep Water Workout w/Paula	9:00 am Shallow Water Workout w/ Paula	11:00am Aqua Flex w/Nancy
WEDNESDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/ Sharon
THURSDAY	8:30am Deep Water Workout w/Paula	9:00am Shallow Water Workout w/ Paula	11:00am Aqua Flex w/Nancy
FRIDAY	8:30 am Deep Water Workout w/Paula	9:15 am Gentle Water Workout w/Paula	11:00am Aqua Flex w/Nancy
SATURDAY	8:30 am Hydro Fitness w/Lori		

Silver Sneakers

Monday	Tuesday	Thursday
9:00 am Silver Sneakers Circuit w/ Dionne	9:00 am Silver Sneakers Classic w/ Dionne	9:00 am Silver Sneakers Circuit w/ Dionne

Silver Sneakers Reminder!!

* Please remember when Twinsburg City School District is closed due to inclement weather, Silver Sneaker classes are CANCELLED.

*To comply with social distancing guidelines, space will be limited, therefore all participants must pre-register for class. You may register by calling 330-405-5757 or online at twinsburgfitness.com.

*In accordance with the Face Coverings order issued by the Governor, face coverings are required except when exercising.

