



FITNESS CLASSES

SEPTEMBER 2021 - SCHEDULE



Group Fitness

*TFC will be closed on Labor Day, September 6th. No classes.

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)
9:00 AM NEW: Intermediate Yoga w/ Gopi (Upstairs)	9:30 AM NEW: Boot Camp w/ Dustin (T-Zone)	9:00 AM Total Tabata w/ Peggy (Upstairs)	9:30 AM NEW: Boot Camp w/ Dustin (T-Zone)	10:00 AM Cycling w/ John (Court #1)	9:00 AM Triple Threat w/ Peggy (Court #2)
10:00 AM NEW: Meditation w/ Gopi (Upstairs)	11:00 AM NEW TIME: Cycling w/ John (Court #1)	6:00 PM Zumba w/ Stephanie (Upstairs)	9:30 AM NEW: Zumba w/ Cookie (Upstairs)		
6:00 PM Zumba w/ Stephanie (Upstairs)	6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)		6:00 PM Step Interval w/ Peggy (Court #2)		
	6:30 PM NEW: Strong Nation w/ Lauren (Upstairs)		6:00 PM Sunset Yoga w/ Gopi (Party Room/Patio)		
			6:30 PM NEW: 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



WELCOME BACK!

Returning Sept. 15th! Ages 3-5.

Mon/Wed/Fri: 8:30 AM - 12:30 PM
Tues/Thurs: 9:00 AM - 11:00 AM

Personal Training

- Peggy Bartulovic -
- Dustin Quarles -

Training packages available for individuals or groups. Members get the best rates!

EMPOWERING HEALTH & WELLNESS

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 (Court #1)	11:00 AM SS Yoga w/ Pushpa (Upstairs)	10:45 AM Boom Mind w/ Tim (Upstairs)	11:00 AM SS Yoga w/ Pushpa (Upstairs)	
10:45 AM Boom Mind w/ Tim (Court #1)				

Aqua Fitness

*The schedule below starts September 7th indoors at TFC. Outdoor classes continue through September 4th.

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