



GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinning w/ Megan Spin Room 8:00am-8:45am		Spinning w/ Megan Spin Room 8:00am-8:45am		Spinning w/ Megan Spin Room 8:00am-8:45am	Water Yoga/Mardi Indoor Pool 10:15am-11:15am
SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	Hapkido w/ Alan group exercise room 10:00am-11:00am
Gentle Flow Yoga w/ Mardi Group Ex. Room. 9:00am - 10:15am		Gentle Flow Yoga w/ Mardi Group Ex. Room. 9:00am - 10:15am		Gentle Flow Yoga w/ Mardi Group Ex. Room. 9:00am - 10:15am	Jazzercise Gym Floor 10:15am-11:15am
Jazzercise Gym Floor 9:30am-10:30am	SS Yoga w/ Mardi Group Ex. Room 10:30am-11:30am	Jazzercise Gym Floor 9:30am-10:30am	SS Yoga w/ Mardi Group Ex. Room 10:30am-11:30am	Jazzercise Gym Floor 9:30am-10:30am	Spinning w/ Steve Spin Room 10:30am-11:15am
SS Yoga w/ Megan Spin Room 9:30am-10:15am		SS Yoga w/ Megan Spin Room 9:30am-10:15am		SS Yoga w/ Megan Spin Room 9:30am-10:15am	
SS Classic w/ Olga Gym Floor 10:45am-11:30am		SS Classic w/ Olga Gym Floor 10:45am-11:30am		SS Classic w/ Olga Gym Floor 10:45am-11:30am	
			Jazzercise Group Ex. Room. 5:00pm-6:00pm		
Jazzercise Group Ex Room 6:00pm-7:00pm	Body Sculpting W/Flexcity Group Ex Room 6:00pm-7:00pm	Jazzercise Group Ex Room 6:00pm-7:00pm	Spinning w/Megan Spin Room 5:00pm-5:45pm		
	All Levels Yoga w/ Maria Spin Room 6:00pm-7:00pm	Line Dancing Beginner Group Ex Room Mary Harwood 7:00pm-8:00pm	Body Sculpting W/Flexcity Spinning Room 6:00pm-7:00pm		
	Tai Chi / Jared Spin Room 7pm-8pm		Hapkido w/ Alan Group Ex. Room 6:00pm - 6:45pm		
Zumba w/Jenny Spinning Room 7:00pm-7:45pm			Zumba w/Jenny Spinning Room 7:00pm-7:45pm		
			Tai Chi / Jared Group Exercise Room 7pm-8pm		

SUNDAY

BEREA REC
CLOSED

LEGEND

Power Pass Classes

Berea Rec Class

Private Vendor Classes

Silver Sneakers Classes

Classes are Subject to Change

