

GROUP FITNESS CLASSES

Schedule Effective Sunday, May 8, 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:40-6:40 a.m. Spinning (frannie)	5:45-6:45 a.m. Cardio Interval (christine)	5:40-6:40 a.m. Spinning (heidi)	5:45-6:45 a.m. Cardio Interval (christine)	5:45-6:45 a.m. Boot Camp (janean)	
8:30 -9:30 a.m. Step (frannie)	8:30-9:15 a.m. Zumba (alla)	8:30-9:30 a.m. Power Pump (sarah k.)	8:30-9:15 a.m. Spinning (beth)	8:30-9:15 a.m. Zumba (betty)	8:00-9:00 a.m. Power Sculpt (sarah k.)	8:15-9:15 a.m. Spinning (sarah p.)
9:35-10:35 a.m. Spinning (katie)	9:30-10:30 a.m. Power Sculpt (frannie)		9:30-10:30 a.m. Power Sculpt (frannie)	8:45-10:00 a.m. Yoga (jess)	9:15-10:30 a.m. Spin & Sculpt (beth)	9:30-10:30 a.m. Boot Camp (krista)
10:45am-12:00pm Vinyasa Yoga (vishali)	9:15-10:30 a.m. Vinyasa Yoga DOWNSTAIRS (holly)	9:45-11:15 a.m. Yoga DOWNSTAIRS (alla)	9:15-10:30 a.m. Vinyasa Yoga DOWNSTAIRS (vishali)	9:30-10:30 a.m. Cardio Interval Strength (lena)	9:30-11:00 a.m. Yoga DOWNSTAIRS (alla)	10:45-12:00 p.m. Vinyasa Yoga (jess)
	11:15-12:15 p.m. SilverSneakers Cardio Circuit (SSC)	10:45-11:45 a.m. Zumba Gold (SSC)	10:45-11:45 a.m. Bare Basics (SSC)	10:45-11:45 p.m. Tai Chi DOWNSTAIRS (SSC)	10:45-11:45 a.m. Zumba Gold (SSC)	
		11:45-12:45 p.m. Tai Chi (SSC) DOWNSTAIRS				
	5:00-6:15 p.m. Vinyasa Yoga (jess)	12:00-1:00 p.m. Spinning (katie)	5:45-6:45 p.m. Boot Camp (krista)	5:30-6:30 p.m. Power Sculpt (katie)		
	6:15-7:15 p.m. Cardio Kickboxing (rachel)	5:30-6:30 p.m. Power Sculpt (krista)	6:15-7:30 p.m. Gentle Yoga DOWNSTAIRS STUDIO (kathi)	6:30-7:30 p.m. Spinning (krista)		
	6:15-7:30 p.m. Yoga-Basic DOWNSTAIRS (isha)	6:45-7:45 p.m. Spinning (heidi)				
	7:15-8:15 p.m. Spinning (sarah p.)					

Solon Community Center
35000 Portz Parkway
Solon, OH 44139

For More Information
Please call: 440.248.5747

FITNESS CLASS PRICES		
Visits	Member	Non-Member Residents
11	\$45.00	\$60.00
25	\$100.00	\$135.00
50	\$160.00	\$215.00
100	\$250.00	\$335.00
Unlimited	\$300.00	\$400.00
Drop In	\$6.00	Drop in Fee Required

SSC=Solon Senior Class
*Purchase Classes @
Senior Center
\$25 for 12 classes or
drop in for \$3/class