

29 S, Norwich Rd., Troy, OH

In-Studio/ Streaming Schedule

SUNDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
6-6:45pm	ZUMBA® FITNESS	Lynn Blakeley	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	N/A	\$3/ drop in
6:50-7:35pm	VERAFLOW®	Lora Hueber	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	Dance/ Stretch	N/A	\$3/ drop in
MONDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
5-6PM	BARRE	Kari Foster	Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas	Toning/ Resistance	\$7/ drop in	\$3/ drop in
5:30-6:15pm	BARBELL PUMP	Mandy Johnston & Brandi Kuder	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	Resistance/ Strength	\$7/ drop in	\$3/ drop in
6:15-7:15pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Cardio/ Dance	\$7/ drop in	\$3/ drop in
6:30-7:30pm	YOGA FLOW	Kari Foster	Traditional, therapeutic, binds and gentle poses are utilized to bring healing and awareness to the body.	Stretch, alignment	\$7/ drop in	\$3/ drop in
TUESDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
5:20-5:35pm	<i>Sculpt in 15***</i>	Mandy Johnston	15 minutes of targeted sculpting using a yoga ball, hand weights and resistance bands to target large muscle groups to tone problem areas.	Toning/ Resistance	\$3/ drop in	\$3/ drop in
6-6:30pm	INDOOR CYCLING / SPIN	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	Cardio/ Resistance	\$7/ drop in	N/A
6:30-7:30pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
5:35-6:20pm	CARDIO DRUMMING®	Mandy Johnston & Brandi Kuder	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	Toning/ Cardio/ Dance	\$7/ drop in	\$3/ drop in
7::30-8:30pm	KRAV MAGA	Jeff Webb (Black Belt/ Level II Instructor)	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	Self-defense	\$13/ drop in	\$6/ drop in

WEDNESDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
5-5:45am	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	Cardio/ Resistance/ Strength	\$7/ drop in	\$3/ drop in
4:45-5:45pm	ZUMBA FITNESS	Brandi Kuder	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
5:15-6pm	BARBELL PUMP	Mandy Johnston	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	Resistance/ Strength	\$7/ drop in	\$3/ drop in
6-7pm	BARRE INTENSITY®	Liza Pezzimenti Harbour	Barre Intensity® takes barre classes to a new level, with a specific focus on muscle fatigue and elevated heart rate to create an intense and effective whole-body workout. Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas.	Toning/ Resistance	\$7/ drop in	\$3/ drop in
6:15-7:15pm	ZUMBA® STEP	Mandy Johnston	Zumba Step literally 'steps it up,' taking the original Zumba fitness formula to new heights. Focusing on the lower body – particularly the glutes and legs – Zumba Step combines the elements of Step Aerobics with the upbeat rhythms and party atmosphere of Zumba.	Dance/ Cardio/ Resistance	\$7/ drop in	\$3/ drop in
7-7:45pm	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
THURSDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
5-5:45pm	POUND®	Brandi Kuder	POUND®, the world's first cardio jam session inspired by the infectious, energizing, & sweat dripping fun of playing the drums.	Cardio/ Toning	N/A	\$3/ drop in
5-6pm	Aerial Yoga	Liza Pezzimenti Harbour	Antigravity Yoga involving exercises inspired by Yoga, Pilates, and acrobatics performed with the use of a hammock swing	Stretch/ Alignment/ Toning	\$13 drop in	\$6/ drop in
5:30-6:30pm	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
6-6:30pm	INDOOR CYCLING / SPIN	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	Cardio/ Resistance	N/A	\$3/ drop in
6-6:15pm	Sculpt in 15***	Mandy Johnston	15 minutes of targeted sculpting using a yoga ball, hand weights and resistance bands to target large muscle groups to tone problem areas.	Toning/ Cardio/ Dance	\$7/ drop in	\$3/ drop in
6:15-7pm	CARDIO DRUMMING®	Mandy Johnston	Choreographed dance movements and cardio intervals with the fun of drumming on an exercise ball "drum!"	Toning/ Cardio/ Dance	\$7/ drop in	\$3/ drop in

6:30-7:30pm	ZUMBA® FITNESS	Liza Pezzimenti Harbour	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
7:30-8:30pm	KRAV MAGA	Ben Turner	A contact combat self-defense system developed for the Israeli Defense Forces consisting of techniques sourced from aikido, judo, boxing, wrestling, and fighting; Belt ranking, optional	Self-defense	\$7/ drop in	\$6/ drop in
FRIDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
5-5:45am	C.O.R.E. FIT	Erich Courtad	Focus on building a strong core as the foundation for gaining overall physical health. Enable your body to Change, Overcome, Resolve and Evolve into your best you!	Cardio/ Resistance/ Strength	\$7/ drop in	\$3/ drop in
5:15-6pm	BARBELL PUMP	Brandi Kuder	Primarily utilizing barbell & plates, build strength and develop athletically cut muscles to a choreographed pattern of music.	Resistance/ Strength	\$7/ drop in	\$3/ drop in
SATURDAY	CLASS	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
8-9am	BARRE INTENSITY®	Liza Pezzimenti Harbour	Barre Intensity® takes barre classes to a new level, with a specific focus on muscle fatigue and elevated heart rate to create an intense and effective whole-body workout. Utilizing a ballet barre and fusing dance, Pilates, and yoga, get long, lean, tone, muscles and perk up the hardest to work areas.	Toning/ Resistance	\$7/ drop in	\$3/ drop in
8-8:45am	POUND®	Brandi Kuder	POUND®, the world's first cardio jam session inspired by the infectious, energixing, & sweat dripping fun of playing the drums.	Cardio/ Toning	\$7/ drop in	\$3/ drop in
9:30-10am	INDOOR CYCLING / SPIN	Rick Culp	Utilizing a special stationary bicycle you will pedal your way to burning (on average) 300-500 kcal per 60 minutes. The class focuses on strength, endurance, high intensity, intervals and recovery.	Cardio/ Resistance	\$7/ drop in	N/A
9-10am	ZUMBA® FITNESS	Annie White	Latin dance and other rhythms fused with fitness aerobics- forget the workout, join the party!	Dance/ Cardio	\$7/ drop in	\$3/ drop in
10:15- 11:15am	VERAFLOW®	Lora Hueber	Find your true flow as you improve flexibility, mobility, balance, coordination and strength.	Dance/ Stretch	N/A	\$3/ drop in
11:30am- 12:30pm	BELLY DANCE	Colleen Rasnack	Learn this mesmerizing art for fun or performance; all shapes, sizes, and abilities welcome- no former dance training necessary!	Dance, traditional	\$13/ drop in	\$6/ drop in
Notes						
DAY / DATE	WORKSHOP	INSTRUCTOR	DESCRIPTION	CATEGORY	In-Studio Cost	Virtual Cost
TBA	VERAFLOW® Instructor Training	Lynn Blakeley	Find your true flow as you improve flexibility, mobility, balance, coordination and strength and receive your certification to earn extra income and teach others this beautiful flow!	Teacher Training	\$194	\$194

***Sculpt in 15 offered on Tuesday and Thursday and can be included with the adjacent Cardio-Drumming class at no additional cost

STREAMING ONLY MEMBERSHIP: \$24/ mo., covers all Streaming Classes

NUTRITION PLUS STREAMING ONLY MEMBERSHIP: \$37/ mo., weekly personalized nutritional coaching plus covers all Streaming Classes

BASIC MEMBERSHIP: \$49/ mo. Includes \$7 drop-in classes, Streaming classes, premium class upcharges only \$6, + 10% off massage & product;

PREMIUM MEMBERSHIP: \$69/ mo., Includes ALL drop-in classes, Streaming classes, personalized Nutrition and weekly checkins, + 20% off massage & pro

(All Memberships Auto withdraw every 30 day cycle with the option to cancel at anytime without penalty)

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