

Vital Group Fitness Schedule Winter 2018

Effective: November 13, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Spin & Sculpt Suzanne			5:15-6:00 am Group Cycling Suzanne	
9:30-10:30 am Spin & Core Lara					
					9:00-10:00 am Boot Camp Rotating Instructors
5:30-6:15pm Group Cycling Natalie					10:15-11:00 am *Boxing Michael Imhoff
5:30 - 6:15 pm Stretch Fusion Racheal	5:30-6:15 pm Butts & Guts Racheal	5:30-6:15 pm Torched! Sinamon	5:30 - 6:15 pm Total Body Conditioning Robyn		
	6:20-7:20 pm *Yoga Flow Kassandra	6:30-7:15 pm *Boxing Michael Imhoff			

Class schedules and instructors are subject to change. *Yoga/Boxing additional fees apply.
Visit our website for more information at www.vitalohio.com