

Vital Group Fitness Schedule Spring 2018

Effective: January 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Cycle Sculpt Suzanne			5:15-6:00 am Group Cycling Suzanne	
12-12:30 pm Cycle Express Lara					9:00-10:00 am Boot Camp Rotating Instructors 10:15-11:00 am *Boxing
5:30-6:15pm Group Cycling Natalie		5:30-6:15 pm Torched! Sinamon			Michael Imhoff
5:30 - 6:15 pm Stretch Fusion Racheal	5:30-6:15 pm Butts & Guts Racheal	6:00-6:45pm Cycle Sculpt Gary	5:30 - 6:15 pm Total Body Conditioning Robyn		
Ballet Staci Freeze 6:30-7:15pm	6:30-7:30 pm *Ying/Yang Fusion Kelly	6:30-7:15 pm *Boxing Michael Imhoff	6:20-7:00pm Tabata Dawn		

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