

# Vital Group Fitness Schedule Winter 2019

Effective: February 4, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Spin & Sculpt Suzanne	5:15-5:45am <b>*NEW</b> Cycle Express Tara		5:15-6:00 am <b>*NEW</b> Spin & Sculpt Suzanne	
12-12:30 pm <b>*NEW</b> Cycle Express Lara					
		<b>*NEW TIME!</b> 4:30-5:15pm Torched! Sinamon			9:00-10:00 am Boot Camp  Rotating Instructors
5:30-6:15pm Group Cycling  Natalie					10:15-11:00am <b>*Boxing</b>  Michael Imhoff
5:30 - 6:15 pm  Stretch Fusion Racheal	5:30-6:15 pm  Butts & Guts Racheal	6:00-6:45pm  <b>*NEW</b> Cycle Sculpt Gary	5:30 - 6:15 pm Total Body Conditioning  Robyn		
<b>*NEW</b> Creative Dance!  Staci Freeze 6:30-7:15pm	6:30-7:30 pm <b>*NEW</b> Yin/Yang Fusion Yoga Kelly	5:30-7:15 pm <b>*Boxing</b>  Michael Imhoff	6:20-7:00pm <b>*NEW</b> 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](http://www.vitalohio.com) **\*NEW CLASSES**