

Vital Group Fitness Schedule Spring 2019

Effective: April 1, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Spin & Sculpt Suzanne			5:15-6:00 am Spin & Sculpt Suzanne	
12-12:30 pm Cycle Express Child Care Available! Lara					
*NEW TIME! 4:30-5:15 pm Tabata Burn Dawn		*NEW TIME! 4:30-5:15pm Torched! Sinamon			9:00-10:00 am Boot Camp Rotating Instructors
5:30-6:15 pm Group Cycling Natalie					
5:30 - 6:15 pm Stretch Fusion Racheal	5:30-6:15 pm Butts & Guts Racheal	6:00-6:45 pm Cycle Sculpt Gary	5:30 - 6:15 pm Total Body Conditioning Robyn		
6:30-7:15 pm **NEW Creative Dance Staci Freeze		6:30-7:15 pm *Boxing Michael Imhoff			

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