

# Vital Group Fitness Fall Schedule 2019

Effective: September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Spin & Sculpt Suzanne			5:15-6:00 am Spin Suzanne	
<b>Child Care Available!</b> 9:30-10am Cycle Express Lara					
	<b>Child Care Available</b> 4:30-5:15 pm Tabata Burn Dawn	4:30-5:15pm Torched! Sinamon			9:00-10:00 am Boot Camp Rotating Instructors
	<b>** COMING SOON! **</b> Bar Strength				
<b>*NEW*</b> 5:30-6:15 Cross-Training & CORE Shannon	<b>*New Time*</b> 5:30-6:15 Group Cycling Natalie	<b>*New Time*</b> 6:15pm-7:00pm Cycle Sculpt Gary	5:30 - 6:15 pm Total Body Conditioning Robyn		

**Class schedules and instructors are subject to change.**  
Visit our website for more information at [www.vitalohio.com](http://www.vitalohio.com)

