

8535 Tanglewood Square
(Behind Giant Eagle)
Bainbridge, OH 44023
(440) 543-0488



******MARCH CHANGES & SPECIALS******

5TH- Kettle Ball Small Group Training Sessions-
Begin week of 3/5, Sign up @ front desk- Additional Fee
17th - 9:45 AM W.A.V.E Class- 5 Tips for Self Defense
Free For All Members

www.DFSyourgym.com

MARCH 2018

ALL CLASSES (1) HOUR UNLESS OTHERWISE MARKED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Total Conditioning w/ Colleen 7:30-8:00 AM Express Spin - Ann 8:15 AM Yoga - Ann 9:30 AM 3-Zone Tone w/ Marla 12:45 PM Silver Sneakers Chair Yoga w/ Janet 6:00 PM Strength & Core w/ Ann	5:30 AM Spin & Sculpt - Tara 8:00 AM Spin - Ann 9:15 AM Total Conditioning w/ Marla 11:00 AM Silver Sneakers Classic w/ Janet 6:00 PM Spin - Jennifer	5:30 AM Total Conditioning w/ Colleen 8:30 AM Tone & Burn - Sarah 9:00 AM Express Spin - Tara <i>*45 Minute Class</i> 9:40 AM Barre - Marla 11:00 AM Dynamic Senior w/ Paul 6:30 PM Dynamic Fit w/ Bill	5:30 AM Spinterval - Tara 8:15 AM Express Spin - Sarah <i>*45 Minute Class</i> 8:45 AM Tabata Intervals w/ Marla 9:05 AM TRX Strength Circuit w/ Sarah <i>*45 Minute Class</i> <i>(on basketball court)</i> 9:50 AM Yoga - Ann 11:00 AM Silver Sneakers Classic w/ Paul 6:00 PM 30/15/15 (Spin/Core/Yoga) w/ Ann 7:05 PM Yoga - Ann	5:30 AM Spin- Colleen <i>*30 Minute Class</i> 6:05 AM Cardio Conditioning- Colleen <i>*30 Minute Class</i> 8:00 AM Spin - Ann 9:00 AM Pump - Sandy 11:00 AM Silver Sneakers Classic w/ Paul	8:30 AM Spin - Ann 8:30 AM Tone & Burn w/ Sandy 10:00 AM Speed & Agility w/ Bill <i>(Additional Fee)</i> 11:10 AM Silver Sneakers Classic w/ Paul	8:15 AM Spin w/ Beth 9:30 AM Yoga - Ann <hr/> PLEASE CHECK BOARD FOR CLASS CHANGES AND SUBS <u>*REMINDER*</u> ALL guests must check in at the front desk prior to using facility and pay a guest fee for the day. Guests are only permitted during staffed hours <u>KID'S CLUB HOURS</u> <i>M-F 8:30-11:00am M-TH 4:30-7:30pm Saturday 8:30-12:00</i>