

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



Elite Fitness

February 2012

www.elitefitnessclubs.com



******FEBRUARY CHANGES & SPECIALS******
 Mondays 9:35-10:35am – Tone & Burn w/ Reva or Holly
 Mondays 8:30am – Yoga w/ Jeff – New Instructor!
 Thursdays 9:35am – Yoga w/ Krysti – New Instructor!
 SPECIAL CLASS – Fri., Feb. 3rd 6-6:45pm Latin Fusion w/ Mary
 SPECIAL CLASS – Sat., Feb. 4th – 10:05am – Pilates/Yoga Fusion w/ Lori
 SPECIAL CLASS – Sat., Feb. 11th – 10:05am – Yoga w/ Janet
 SPECIAL CLASSES – Tues., Feb. 14th 9:20-10:00am & Wed., Feb. 15th 6:00-6:40pm - Spinning 101 w/ Holly
 NEW TIME – Saturday Silver Sneakers now starts at 11:10am

All classes (1) hour – unless otherwise marked

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

<p>8:00-9:30 am Spin & Sculpt w/ Brooke (spin 8:00-8:45am, sculpt 8:45-9:30am)</p> <p>*NEW INSTRUCTOR* 8:30 am Yoga – Jeff</p> <p>*NEW TIME & FORMAT* 9:35-10:35am Tone & Burn Reva 13th & 20th Holly 6th & 27th</p> <p>12:45 pm <i>Silver Sneaker CardioCircuit</i> w/ Janet</p> <p>5:30 pm 20-20-20 – Jan</p> <p>6:30 pm Elite Pump –Mary</p> <p>7:30 pm Yoga - Paul</p>	<p>5:30 am Spin – Kim</p> <p>8:15 am Spin – Ann</p> <p>9:15 am Circuit Training w/ Brooke</p> <p>*SPECIAL CLASS* 9:20-10:00am Spinning 101 w/ Holly – Feb. 14th - <i>come learn the spin basics in this express class</i></p> <p>11:00 am <i>Silver Sneakers</i> w/ Janet</p> <p>6:00 pm Butts & Guts - Jan</p> <p>6:15 pm Spin – Ann</p>	<p>5:30 am Spin & Sculpt 1st, 15th, & 29th - Power Hour 8th & 22nd - Anna</p> <p>8:15 am Tone & Burn– Brooke</p> <p>9:00-9:40 am Express Spin Holly</p> <p>9:20-9:50 am Plyo- Tanja 9:50-10:50 am Elite Pump- Tanja</p> <p>11:00 am <i>Silver Sneakers Yoga Stretch</i> w/ Paul</p> <p>5:30-6:00pm Cardio Interval – Janet</p> <p>*SPECIAL CLASS* 6:00-6:40pm Spinning 101 w/ Holly – Feb. 15th -</p> <p>6:00-6:30pm Core & Yoga Fitness – Janet</p> <p>6:30pm Elite Pump – Jane</p> <p>7:30 pm Yoga - Paul</p>	<p>5:30 am Spin - Kim</p> <p>8:15 am Spin – Brooke</p> <p>8:45-9:30 am Step Class – Jan</p> <p>*NEW INSTRUCTOR* 9:35 am Yoga – Krysti</p> <p>11:00 am <i>Silver Sneakers</i> w/ Paul</p> <p>6:00 pm Spin – Beth M</p> <p>6:30 pm Circuit Training w/ Jane</p>	<p>8:30 am Spin – Ann</p> <p>8:45 am Tone & Burn w/ Reva</p> <p>11:00 am <i>Silver Sneakers</i> Yoga Stretch w/ Paul</p> <p>*SPECIAL CLASS* 6:00-6:45pm Latin Fusion (similar to Zumba) w/ Mary – Feb. 3rd - <i>come start your weekend off with a happy almost-hour of fitness fun!</i></p>	<p>7:30 am Spin – Brooke</p> <p>9:00 am Tone & Burn - Tanja</p> <p>9:45 am Spin – Ann</p> <p>*SPECIAL CLASSES* 10:05am Pilates/Yoga Fusion w/ Lori – Feb. 4th Yoga – Janet – Feb. 11th</p> <p>*NEW TIME* 11:10 am <i>Silver Sneakers</i> w/ Paul</p>	<p>8:15 am Spin – Caroline 5th & 12th, Holly 19th, Brooke 26th</p> <p>*REMINDER* 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*</p>
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Kid's Club Hours:

Mon.-Sat. 8 a.m.-12 noon
 Mon.-Thurs. 4:30 -7:30 p.m.