

# CHESTERLAND

## August 2007

Elite Fitness  
 12650 Chillicothe Rd.  
 Chesterland, OH 44026  
 440.729.6299


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Monday		Tuesday	Wednesday	Thursday	Friday		
			<p><b>1</b></p> <p>9:30 am Group Personal Training – Justin / Derrick</p> <p>5:30 pm Step - Danielle</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>4:30 pm Step – Danielle (1 Hour long class)</p>	<p><b>4</b></p> <p>9:30 am Elite Pump w/ Danielle</p>	
		<p><b>6</b></p> <p>9:30 am Step and Sculpt w/ Missy</p> <p>5:30 pm Power Yoga w/ Clyde</p>	<p><b>7</b></p> <p>5:00 pm Yoga – Clyde</p>	<p><b>8</b></p> <p>9:30 am Group Personal Training – Justin / Derrick</p> <p>5:30 pm Step - Danielle</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>4:30 pm Step – Danielle (1 Hour long class)</p>	<p><b>11</b></p> <p>9:30 am Elite Pump w/ Danielle</p>
		<p><b>13</b></p> <p>9:30 am Step and Sculpt w/ Missy</p> <p>5:30 pm Power Yoga w/ Clyde</p>	<p><b>14</b></p> <p>5:00 pm Yoga – Clyde</p>	<p><b>15</b></p> <p>Same as Above</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>4:30 pm Step – Danielle (1 Hour long class)</p>	<p><b>18</b></p> <p>9:30 am Elite Pump w/ Danielle</p>
		<p><b>20</b></p> <p>9:30 am Step and Sculpt w/ Missy</p> <p>5:30 pm Power Yoga w/ Clyde</p>	<p><b>21</b></p> <p>5:00 pm Yoga – Clyde</p>	<p><b>22</b></p> <p>Same as Above</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>4:30 pm Step – Danielle (1 Hour long class)</p>	<p><b>25</b></p> <p>9:30 am Elite Pump w/ Danielle</p>
		<p><b>27</b></p> <p>9:30 am Step and Sculpt w/ Missy</p> <p>5:30 pm Power Yoga w/ Clyde</p>	<p><b>28</b></p> <p>5:00 pm Yoga – Clyde</p>	<p><b>29</b></p> <p>Same as Above</p>	<p><b>30</b></p>	<p>* Check out the Bainbridge Schedule for other classes and times</p>	