



GROUP FITNESS CLASSES

WINTER SESSION FREE WEEK: Sunday, 12/20/09- Saturday, 1/2/10

WINTER SESSION: Sunday, 1/3/10 - Saturday, 3/27/10 (12- Week Session)

Participation in any Solon Community Center Group Fitness Program requires registration in the appropriate class sessions.

Please refer to the back of this schedule for class descriptions, dates and fees.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-7:00 a.m. Spinning Plus Abs <i>(frannie)</i>	5:45-6:45 a.m. Cardio Interval <i>(julie)</i>	5:45-6:45 a.m. Spinning <i>(tina)</i>	5:45-6:45 a.m. Cardio Interval <i>(christine)</i>	5:45-6:45 a.m. Step Aerobics <i>(frannie)</i>	
8:45-9:45 a.m. Spinning <i>(katie)</i>	8:30-9:15 a.m. Zumba <i>(alla)</i>	8:45-10:15 a.m. Yoga <i>(alla)</i>	8:30-9:15 a.m. Spinning <i>(beth)</i>	8:30-9:15 a.m. Zumba <i>(christel)</i>	8:30-9:30 a.m. Power Sculpt <i>(andrea)</i>	8:15-9:15 a.m. Spinning <i>(sarah)</i>
10:00-11:15 a.m. Step & Sculpt Interval <i>(frannie)</i>	9:30-10:30 a.m. Advanced Power Sculpt <i>(frannie)</i>		9:30-10:30 a.m. Advanced Power Sculpt <i>(frannie)</i>	9:30-10:30 a.m. Double Step <i>(frannie)</i>	9:30-11:00 a.m. Yoga <i>(alla)</i>	9:30-10:30 a.m. Boot Camp <i>(krista/traci)</i>
		10:30 a.m. - 11:30 a.m. Spinning <i>(frannie)</i>	10:30-11:45 a.m. Power Yoga <i>(maribeth)</i>	10:30-11:45 a.m. Yoga <i>(erin)</i>		10:30-11:45 a.m. Power Yoga <i>(maribeth)</i>
	4:00-5:00 p.m. Pilates Mat <i>(loretta)</i>		4:00-5:00 p.m. Power Sculpt <i>(lori)</i>			
	5:00-6:15 p.m. Yoga <i>(maribeth)</i>	5:30-6:30 p.m. Power Sculpt <i>(sonja)</i>	5:00-6:00 p.m. Kickboxing <i>(krista)</i>	5:30-6:30 p.m. Power Sculpt <i>(sonja)</i>	5:15-6:15 p.m. Spinning <i>(sarah)</i>	
	6:15-7:15 p.m. Kickboxing <i>(christine)</i>	6:45-7:45 p.m. Spinning <i>(katie)</i>	6:00-7:00 p.m. Spinning <i>(sarah)</i>	6:30-7:30 p.m. Cardio Body Blast <i>(krista)</i>		
	7:15-8:15 p.m. Spinning <i>(sarah)</i>		7:15-8:30 p.m. Gentle Yoga <i>(erin)</i>	7:30-8:30 p.m. Spinning <i>(katie)</i>		
	8:15-8:45 p.m. Pilates Mat <i>(sarah)</i>					

Solon Community Center
35000 Portz Parkway
Solon, OH 44139



For More Information
Please Call 440.248.5747