






GROUP FITNESS CLASSES



SUMMER SESSION: Sunday, 6/13/10 - Saturday, 8/21/10 (10-Week Session)

FALL SESSION - FREE WEEK: Sunday, 8/22/10-Saturday, 8/28/10

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
	5:45-6:45 a.m. Spinning (frannie)	5:45-6:45 a.m. Cardio Interval (julie)	5:45-6:45 a.m. Spinning (tina)	5:45-6:45 a.m. Cardio Interval (christine)	5:45-6:45 a.m. Step Aerobics (frannie)	
8:45-9:45 a.m. Spinning (katie)	8:30-9:15 a.m. Zumba (alla)	8:45-10:15 a.m. Yoga (alla)	8:30-9:15 a.m. Spinning (beth)	8:30-9:15 a.m. Zumba (christel)	8:00-9:00 a.m. Power Sculpt (andrea)	8:15-9:15 a.m. Spinning (sarah)
10:00-11:15 a.m. Step & Sculpt Interval (frannie)	9:30-10:30 a.m. Advanced Power Sculpt (frannie)		9:30-10:30 a.m. Advanced Power Sculpt (frannie)	9:30-10:30 a.m. Double Step (frannie)	9:15-10:15 a.m. Boot Camp (beth)	9:30-10:30 a.m. Boot Camp (krista/traci)
		10:30 a.m. - 11:30 a.m. Spinning (frannie)	10:30-11:45 a.m. Power Yoga (maribeth)	10:30-11:45 a.m. Yoga (erin)	10:30-12:00 a.m. Yoga (alla)	10:30-11:45 a.m. Power Yoga (maribeth)
			4:00-5:00 p.m. Power Sculpt (lori)			
	5:00-6:15 p.m. Yoga (maribeth)	5:30-6:30 p.m. Power Sculpt (sonja)	5:00-6:00 p.m. Kickboxing (krista)	5:30-6:30 p.m. Power Sculpt (sonja)		
	6:15-7:15 p.m. Kickboxing (christine)	6:45-7:45 p.m. Spinning (katie)	6:00-7:00 p.m. Spinning (sarah)	6:30-7:30 p.m. Cardio Body Blast (krista)		
	7:15-8:15 p.m. Spinning (sarah)		7:15-8:30 p.m. Gentle Yoga (erin)			

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For More Information
Please Call 440.248.5747