



FITNESS CLASSES

JANUARY 2023 - SCHEDULE



Group Fitness

***CLASS CANCELLATIONS:** Sharon's Classes Canceled until January 16th, Liz's Classes Canceled January 2nd, Cookie's Classes Canceled on January 19th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM GO Fit Boot Camp w/ Greg (T-Zone)	5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM GO Fit Boot Camp w/ Greg (T-Zone)	5:45 AM HIIT w/Robin (30 Minutes)	7:15 AM GO Fit Boot Camp w/ Greg (T-Zone)
9:00 AM SS Circuit w/Dionne (Gym Court One)	9:00 AM SS Classic w/ Dionne (Gym Court One)	9:00 AM Silver Strength w/Mara (Party Room)	9:00 AM SS Classic w/ Dionne (Gym Court One)	8:45 AM SS Circuit w/Dionne (Gym Court One)	9:00 AM Total Fit w/Mara (Synrgy Room)
10:00 AM Cycling w/ John (Party Room, 10 Bikes)	6:00 PM Pilates w/Mara New! (Party Room)	9:00 AM SS Circuit w/Dionne (Gym Court One)	9:30 AM Zumba Gold w/ Cookie (Upstairs)	10:00 AM Cycling w/ John (Party Room, 10 Bikes)	9:30 AM Cycling w/ John (Party Room, 10 Bikes)
10:15 AM SS Boom Muscle w/ Tim (Upstairs)		10:15 AM SS Boom Muscle w/ Tim (Upstairs)	6:00 PM Stepping Into Strength w/Mara (Party Room)		
10:45 AM SS Boom Mind w/ Tim (Upstairs)		10:45 AM SS Boom Mind w/ Tim (Upstairs)	7:10 PM Relaxation Yoga w/Liz (Upstairs)		
11:15 AM Chair Yoga w/Liz (Party Room)		11:15 AM Chair Yoga w/Liz (Party Room)			
6:00 PM GO Fit Boot Camp w/ Greg (T-Zone)		1:00 PM SS Circuit w/Dionne (Gym Court One)			

FACILITY CLOSURES: JANUARY 1ST: CLOSED HOLIDAY HOURS: JANUARY 2ND & JANUARY 16TH (MLK DAY) OPEN 8:00 AM -5:00 PM
24/7 Access Available To Those With A Fob

EMPOWERING HEALTH & WELLNESS

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Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Deep Water Aqua Challenge w/ Sharon	8:45 AM Deep Water Workout w/ Paula	9:00 AM Deep Water Aqua Challenge w/ Sharon	8:45 AM Deep Water Workout w/ Paula	8:45 AM Deep Water Workout w/ Paula	9:00 AM Hydro Fitness w/ Lori
9:30 AM Water Works w/ Sharon	9:30 AM Shallow Water Workout w/ Paula	9:30 AM Water Works w/ Sharon	11:00 AM Aqua Flex w/ Nancy	9:30 AM Shallow Gentle Water w/ Paula	
10:30 AM Aqua Lite w/ Sharon	11:00 AM Aqua Flex w/ Nancy	10:30 AM Aqua Lite w/ Sharon		11:00 AM Aqua Flex w/ Nancy	

Happy New Year! Here's to a New Year, New Goals, New You!

New Youth Programs!



TFC Kids Zone

Bring Your Kids and Get Your Workout In! Enjoy an interactive class filled with fun games, arts and crafts, and more!

For Ages 4 -10

Thursday Nights January 5th - January 26th

Muscle Movers

Your Pre-Schooler will have the opportunity to learn how to work with others, be aware of their surroundings, and utilize their body through space.

***For Ages 3-5* Time: 10:00 AM - 10:45 AM**

Tuesdays (1/3 - 1/24) OR Thursdays (1/5) - (1/26)

Register for these programs at TwinsburgRecreation.com

TFC Hours

Monday - Thursday: 5:30 AM - 9:00PM
Friday: 5:30 AM - 8 PM Sat: 7 AM - 3:00 PM

Pool Hours

Mon/Wed/Fri: 5:30 AM - 8:30 PM
Tues/Thurs: 8 AM - 8:30 PM
Sat: 7 AM - 2:30 PM

FACILITY CLOSURES/Holiday Hours:
December 31st & January 1st

24/7 Access Available To Those With A Fob
Holiday Hours: Jan. 2nd & Jan. 16th (MLK Day)
OPEN 8:00 AM - 5:00 PM

CUSTOMER SERVICE & GUEST ADMISSION: Monday-Friday, 8 AM - 7 PM | Saturday, 7 AM - 2 PM