



FITNESS CLASSES

FEBRUARY 2023 - SCHEDULE



Group Fitness

***CLASS CANCELLATIONS: Mara's Total Fit Class Canceled on February 11th**

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, 14 Bikes)	6:00 PM Pilates w/Mara (Party Room, Max 15)	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, 14 Bikes)	9:30 AM Cycling w/ John (Party Room, 14 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)	7:00 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 (Party Room)			

FACILITY HOLIDAY HOURS: PRESIDENTS DAY, FEBRUARY 20TH: 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	



Live DJ, Pizza, Water Slide & Family Fun at the Twinsburg Fitness Center!

Pre-Sale: \$5/Person

Registration is now available at TwinsburgRecreation.com

At the Door: \$10/Person

OR at the Front Desk

TFC Hours

Monday - Thursday: 5:30AM - 9:00PM

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

Pool Hours

Monday-Thursday: 5:30 AM - 8:30 PM

Friday: 5:30 AM - 7:30 PM

Sat: 7 AM - 2:30 PM

Facility Holiday Hours

Presidents Day, February 20th

OPEN 8:00 AM - 5:00 PM

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