



# FITNESS CLASSES

## MARCH 2023 - SCHEDULE



### Group Fitness

\*Class Cancellations: Tim's Classes - March 1st, Mara's Classes- 18th, 21st, 22nd, & 25th  
 Robin's Classes - March 24th, Dionne's Classes -March 21st - March 24th

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)	7:00 PM Relaxation Yoga w/Liz (Upstairs)		
10:45 AM SS Boom Mind w/ Tim (Upstairs)		10:45 AM SS Boom Mind w/ Tim (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)			

# 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	
		New! 6:00 PM Hydro Fitness w/ Lori			

## Twinsburg WATER PARK

**- PRESEASON RATES -**

**PURCHASE BY MAY 26<sup>TH</sup> TO SAVE!  
CHILDREN 6 & UNDER ARE FREE**

**PURCHASE  
YOUR WATER  
PARK PASSES  
TODAY AT THE  
TWINSBURG  
REC CENTER!**

## TFC Hours

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

**CUSTOMER SERVICE & GUEST ADMISSION: Monday-Friday, 8:30 AM - 7 PM | Saturday, 7 AM - 2 PM**

City of Twinsburg | Twinsburg Fitness Center | 10084 Ravenna Rd | Twinsburg, OH 44087 | 330-405-5757 | TwinsburgFitness.com