



FITNESS CLASSES

May 2023 SCHEDULE



Group Fitness

*Class Cancellations: John's Cycling 5/1, Mara 5/6, 5/9 & 5/20, Dionne 5/10, 5/12, 5/15, Liz 5/25, Greg 5/15-5/16

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)					

**TFC Closed
Memorial Day
5/29**

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 26TH 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
Monday - Friday: Closed 1:30 PM- 3:30 PM
Sat: 7 AM - 2:30 PM

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