



GROUP FITNESS CLASSES

SEPTEMBER 2023 - SCHEDULE



*SS - SilverSneakers, Classes Open to All

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 (Court #1)	9:00 AM SS Classic w/ Dionne (Court #1)	9:00 AM SS Circuit w/ Dionne (Court #1)	9:00 AM SS Classic w/ Dionne (Court #1)	8:45 AM SS Circuit w/ Dionne (Court #1)	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 Silver Strength w/Mara (Party Room)	9:30 AM Zumba w/ Cookie (Upstairs)	10:00 AM Cycling w/ John (Party Room, 14 Bikes)	9:30 AM Cycling w/ John (Party Room, 14 Bikes)
10:00 AM SS Boom Muscle w/ Tim (Upstairs)		10:00 AM SS Boom Muscle w/ Tim (Upstairs)	7:00 PM Relaxation Yoga w/Liz Upstairs		
10:30 AM SS Boom Mind w/ Tim (Upstairs)		10:30 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)					

Fitness Updates: Class Cancellations- Dionne's Classes (9/12, 9/20, 9/21, 9/22), Mara's Classes (9/2, 9/5, 9/23), John's Classes (9/8, 9/9)

Facility Announcements: Labor Day Holiday Tuesday, September 4th - CLOSED *24/7 Access Available To Those With A Fob

*Fall Hours Return September 11th. Please Turn To Back For Fall Hours

EMPOWERING HEALTH & WELLNESS

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Group 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	11:00 AM Aqua Flex w/Micky	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		9:30 AM Gentle Water w/Paula	
10:30 AM Aqua Lite w/ Sharon	11:00 AM Aqua Flex w/Micky	10:30 AM Aqua Lite w/ Sharon		11:00 AM Aqua Flex w/ Micky	
6:00 PM Hydro Fitness w/Lori					

Aquatics Updates:

FACILITY CLOSED FOR LABOR DAY

MONDAY, SEPTEMBER 4TH

24/7 ACCESS AVAILABLE TO THOSE WITH A FOB



- The Water Park Season Ends Monday, September 4th.
- The Indoor Pool will Re-Open Tuesday, September 5th.
- All Aqua Classes will be moving to the Indoor Pool Beginning Tuesday, September 5th.
- **Class Cancellations: Sharon's Classes on 9/6**
- Fall Swim Lessons Coming Soon This Month.

Facility Hours *Fall Hours Return September 11th Below*

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

Friday: 5:30 AM - 8:00 PM

Saturday: 7:00 AM - 3:00 PM

Pool Hours

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

Friday: 5:30 AM - 7:30 PM

Saturday: 7:00 AM - 2:30 PM

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

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