



GROUP FITNESS CLASSES

NOVEMBER 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)	9:30 AM Cycling w/ John (Party Room, 14 Bikes)
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)	
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)			

Fitness Updates: Class Cancellations- Robin's Classes (11/27)

Facility Announcements: There is still time to register for the Turkey Trot event on November 11, 2023.

See back for current facility hours. Don't forget to turn your clocks back on November 5, 2023

EMPOWERING HEALTH & WELLNESS

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Group Aqua Fitness November 2023



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					

Department and Facility News:

- **Open Pickleball Play – Monday–Friday 5:30am-2pm, Court #3. Membership and drop in rates apply.**
- **Swim Team Season has begun, lap lanes may be limited at various times. In the case there are limited lap lanes, please be respectful to share space with your fellow members.**
- **Building Closure alert: In observance of Veteran’s Day our facility will be closed November 10,2023**
- **Community Event Alert! Turkey Trot 5 miler and Family Fun Run is coming November 11, 2023.**
- **Community Event Alert! Winter Wonderland Saturday, December 2, 2023 5:00 – 8:00 PM at Twinsburg Township Square.**

Facility Hours

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

****Don't forget to turn your clocks back****

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

****Saturday hours may be subject to change**