



FLOOR SCHEDULE

5198 Riding Club Ln.
Columbus, OH 43213
614-861-6303

MON	TUE	WED	THU	FRI	SAT	SUN
<p><u>9AM - 9:45AM</u> VINTAGE FITNESS Michelle Williams</p> <p><u>10:30AM - 11:30AM</u> SILVERSNEAKERS CLASSIC Becky Sonner</p> <p><u>6PM - 7PM</u> MADD MONDAYS (Private Class) Michelle Williams</p>	<p><u>9AM - 10AM</u> CORE STRENGTHENING Jan Wise</p> <p><u>10:30AM - 11:30AM</u> SILVERSNEAKERS CIRCUIT Becky Sonner</p> <p><u>1:30PM - 2:30PM</u> SILVERSNEAKERS YOGA Francia Wick</p> <p><u>6PM - 7PM</u> CARDIO KICKBOXING (\$10 memb's/\$15 non) Tim Swanson</p>	<p><u>5:45AM - 6:45AM</u> FORMATION (Private Class) Michelle Williams</p> <p><u>9:30AM - 10:30AM</u> SILVERSNEAKERS YOGA I Francia Wick</p> <p><u>10:45AM - 11:45AM</u> HATHA YOGA Francia Wick</p> <p><u>4PM - 5PM</u> TAEKWONDO (Private) Rod Rosco</p>	<p><u>5:45AM - 6:45AM</u> FORMATION (Private Class) Michelle Williams</p> <p><u>9AM - 10AM</u> CORE STRENGTHENING Jan Wise</p> <p><u>10:30AM - 11:30AM</u> SILVERSNEAKERS CIRCUIT Becky Sonner</p> <p><u>6PM - 7PM</u> CARDIO KICKBOXING (\$10 memb's/\$15 non) Tim Swanson</p>	<p><u>9:15AM - 10:15AM</u> SILVERSNEAKERS YOGA Francia Wick</p> <p><u>10:30AM - 11:30AM</u> HATHA YOGA Francia Wick</p> <p><u>1PM - 2PM</u> SILVERSNEAKERS CLASSIC Kathy Bowman</p>	<p><u>8:15AM - 9AM</u> BOOTY BLAST SATURDAYS Michelle Willias</p> <p><u>9AM - 10AM</u> CARDIO KICKBOXING (\$10 memb's/\$15 non) Tim Swanson</p> <p><u>11AM - 12PM</u> SILVERSNEAKERS YOGA II Francia Wick</p>	