



# The Ohio Gym

## Group Exercise Schedule

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30am CardioFit - LANA	3 9:30amZumba- Leesa 5:30pm Muscle Madness-Barb	4 9:30amZumba- Leesa 5:30pmStep Interval & Core- Robin	5 9:30amPowerPump Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb	6 9:30amZumba- Leesa 10:30amNO CLASS	7 9:30amFITFORCE- Scott
8	9 9:30amZumba- Leesa 10:30amPower Pump-Jamie 5:30pmZumba Penny	10 9:30amZumba- Leesa 5:30pm Muscle Madness-Barb	11 9:30amZumba- Leesa 5:30pmStep Interval & Core:Robin	12 9:30amPowerPump Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb	13 9:30amZumba- Leesa 10:30amWERQ- Hannah	14 9:30amFITFORCE- Scott
15	16 9:30amZumba- Leesa 10:30amPower Pump-Jamie 5:30pmZumba Penny	17 9:30amZumba- Leesa 5:30pmMuscle Madness-Barb	18 9:30amZumba- Leesa 5:30pmStep Interval & Core:Robin	19 9:30amPowerPump Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb	20 9:30amZumba- Leesa 10:30amWERQ- Hannah	21 9:30amFITFORCE- Scott
22	23 9:30amCardioFit Lana 10:30amPower Pump-Jamie 5:30pm Zumba Penny	24 9:30amZumba- Leesa 5:30pmMuscle Madness-Barb	25 9:30amZumba- Leesa 5:30pmStep Interval & Core:Robin	26 9:30amPower Pump-Jamie 10:30amZumba- Leesa 5:30pm20/20/20 Barb	27 9:30amZumba- Leesa 10:30amWERQ- Hannah	28 9:30amFITFORCE- Scott
29	30 9:30amZumba- Leesa 10:30amPower Pump-Jamie 5:30pm Zumba Penny					