



The Ohio Gym

Group Exercise Schedule

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1					1 9:30am Zumba- Leesa 10:30am WERQ- Hannah	2 9:30am FITFORCE- Scott
3	4 9:30am Zumba: Leesa 10:30am Power Pump-Jamie 5:30pm Step-Robin	5 9:30am Zumba- Leesa 5:30pm Muscle Madness-Barb	6 9:30am Zumba- Leesa 5:30pm Step Interval & Core:Robin	7 9:30am Power Pump Jamie 10:30 Zumba Leesa 5:30pm 20/20/20 Barb	8 9:30am Zumba- Leesa 10:30am NO CLASS	9 9:30am FITFORCE- Scott
10	11 9:30am Zumba- Leesa 10:30am Power Pump-Jamie 5:30pm Zumba Penny	12 9:30am Zumba- Leesa 5:30pm Muscle Madness-Barb	13 9:30am Zumba- Leesa 5:30pm Step Interval & Core:Robin	14 9:30am Power Pump Jamie 10:30 Zumba Leesa 5:30pm 20/20/20 Barb	15 9:30am Zumba- Leesa 10:30am NO CLASS	16 9:30am FITFORCE- Scott
17	18 9:30am Zumba: Leesa 10:30am Power Pump-Jamie 5:30pm Zumba Penny	19 9:30am Zumba- Leesa 5:30pm Muscle Madness-Barb	20 9:30am Zumba- Leesa 5:30pm Step Interval & Core:Robin	21 9:30am Power Pump-Jamie 10:30am Zumba- Leesa 5:30pm 20/20/20 Barb	22 9:30am Zumba- Leesa 10:30am WERQ- Hannah	23 9:30am FITFORCE- Scott
24	25 9:30am Zumba: Leesa 10:30am Power Pump-Jamie 5:30pm Zumba- Penny	26 9:30am Zumba- Leesa 5:30pm Muscle Madness-Barb	27 9:30am Zumba- Leesa 5:30pm Step Interval & Core:Robin	28 Happy Thanksgiving	29 10am Cardio/Wts/Core: Robin	30 9:30am FITFORCE- Scott

