



# The Ohio Gym

## Group Exercise Schedule

AUGUST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30am Cardio Robin	2 9:30am FITFORCE- Scott
3	4 9:30am Zumba: Penny 10:30am Power Pump-Jamie 5:30pm ZUMBA Kayla	5 9:30am Zumba- Kelly 5:30pm Muscle Madness-Barb	6 9:30am Zumba- Penny *4:30pm Crunch Time-ERIN 5:30pm WTS & YOGA- Robin	7 9:30am Power Pump- Jamie 10:30 Zumba Kelly 5:30pm 20/20/20 Barb	8 9:30am WERQ Hannah	9 9:30am FITFORCE- Scott
10 <u>*\$5 specialty class members &amp; non-members</u>	11 9:30am Zumba: Penny 10:30am <u>NO CLASS</u> 5:30pm ZUMBA Kayla	12 9:30am Zumba- Kelly 5:30pm Muscle Madness-Barb *6:30pm Line Dance Breanna	13 9:30am Zumba- Penny *4:30pm Crunch Time-ERIN 5:30pm <u>NO CLASS</u>	14 9:30am Power Pump- Jamie 10:30 Zumba Kelly 5:30pm 20/20/20 Barb	15 9:30am WERQ Hannah	16 9:30am FITFORCE- Scott
17	18 9:30am Zumba: Penny 10:30am <u>NO CLASS</u> 5:30pm ZUMBA Kayla	19 9:30am Zumba- Kelly 5:30pm Muscle Madness-Barb	20 9:30am Zumba- Penny *4:30pm Crunch Time-ERIN 5:30pm WTS & YOGA- Robin	21 9:30am Zumba-Kelly 10:30am <u>NO CLASS</u> 5:30pm 20/20/20 Barb	22 9:30am WERQ Hannah	23 9:30am FITFORCE- Scott
24	25 9:30am Zumba: Penny 10:30am Power Pump-Jamie 5:30pm ZUMBA Kayla	26 9:30am Zumba- Kelly  5:30pm Muscle Madness-Barb *6:30pm Line Dance Breanna	27 9:30am Zumba- Penny  5:30pm WTS & YOGA- Robin	28 9:30am Power Pump- Jamie 10:30 Zumba Kelly 5:30pm 20/20/20 Barb	29 9:30am WERQ Hannah	30