

JULY
2025

THE OHIO GYM GX SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
Staffed Hours Monday - Thursday 8am-10pm Friday - 9am - 8pm Saturday - 8am-2pm		1 9:30am - Zumba: Kelly 5:30pm - Muscle Madness: Barb	2 9:30am - Zumba: Penny 5:30pm - WTS & YOGA: Robin	3 9:30am - PowerPump: Jamie 10:30am - Zumba: Kelly 5:30pm - 20/20/20: Barb	4 9:30am - MASTER CLASS Step/Wts/Zumba/ Line Dancing	5 9:30am - FITFORCE: Scott
6	7 9:30am - Zumba: Penny 10:30am - PowerPump: Jamie 5:30pm - Zumba: Kayla	8 9:30am - Zumba: Kelly 5:30pm - Muscle Madness: Barb	9 9:30am - Zumba: Penny *4:30pm - Crunch: Erin 5:30pm - WTS & YOGA: Robin	10 9:30am - PowerPump: Jamie 10:30am - Zumba: Kelly 5:30pm - 20/20/20: Barb	11 9:30am - WERQ: Hanna	12 9:30am - F.I.T. Force: Scott
13 *PAY PER CLASS \$5 specialty class	14 9:30am - Zumba: Penny 5:30pm - Zumba: Kayla	15 9:30am - Zumba: Kelly 5:30pm - Muscle Madness: Barb *6:30pm LineDance Breanna	16 9:30am - Zumba: Penny *4:30pm - Crunch: Erin 5:30pm - WTS & YOGA: Robin	17 9:30am - PowerPump: Jamie 10:30am - Zumba: Kelly 5:30pm - 20/20/20: Barb	18 9:30am - WERQ: Hanna	19 9:30am - F.I.T. Force: Scott
20	21 9:30am - Zumba: Penny 5:30pm - Zumba: Kayla	22 9:30am - Zumba: Kelly 5:30pm - Muscle Madness: Barb	23 9:30am - Zumba: Penny 5:30pm - WTs & Yoga: Robin	24 9:30am - Zumba: Kelly *4:30pm - Crunch: Erin 5:30pm - 20/20/20: Barb	25 9:30am - WERQ: Hanna	26 9:30am - Step & Wts: Robin
27	28 9:30am - Zumba: Penny 10:30am - PowerPump: Jamie 5:30pm - Zumba: Kayla	29 9:30am - Zumba: Kelly 5:30pm - Muscle Madness: Barb *6:30pm LineDance Breanna	30 9:30am - Zumba: Penny *4:30pm - Crunch: Erin 5:30pm - WTs & Yoga: Robin	31 9:30am - PowerPump: Jamie 10:30am - Zumba: Kelly 5:30pm - 20/20/20: Barb	5248 Cobblestone Rd, Sheffield Village, OH 440-934-7440 theohiogym.com support@theohiogym.com	