## JULY 2025

Kayla

## THE OHIO GYM GX SCHEDULE

## TUE **SUN** MON WED THU FRI SAT **!2** 3 5 1 4 Staffed Hours 9:30am -9:30am - Zumba: 9:30am -Monday - Thursday 9:30am - MASTER 9:30am - Zumba: PowerPump: Jamie FITFORCE: Kelly CLASS Pennv 10:30am - Zumba: 8am-10pm 5:30pm - Muscle Step/Wts/Zumba/ Scott 5:30pm - WTS & Kelly Friday - 9am - 8pm Madness: Barb Line Dancing YOGA: Robin 5:30pm - 20/20/20: Saturday - 8am-2pm Barb 12 7 8 0 10 11 9:30am - Zumba: 9:30am - Zumba: 9:30am - Zumba: 9:30am -9:30am - WFRQ: 9:30am - FIT Force Pennv Kellv Pennv PowerPump: Jamie Hanna Scott 10:30am -\*4:30pm - Crunch: 10:30am - Zumba: 5:30pm - Muscle PowerPump: Jamie Madness: Barb Erin Kelly 5:30pm - Zumba: 5:30pm - WTS & 5:30pm - 20/20/20: Kavla YOGA: Robin Barb 14 15 16 17 18 19 \*PAY PER 9:30am - Zumba: 9:30am -9:30am - Zumba: 9:30am - F.I.T. Force: 9:30am - WFRQ: 9:30am - Zumba: Kelly Pennv PowerPump: Jamie Hanna Scott CLASS \$5 Penny 5:30pm - Muscle \*4:30pm - Crunch: 10:30am - Zumba: specialty Madness: Barb Erin Kellv 5:30pm - Zumba: \*6:30pmLineDance class 5:30pm - WTS & 5:30pm - 20/20/20: Kayla **Breanna** YOGA: Robin Barb 22 23 25 21 24 26 9:30am - 7umba: 9:30am - 7umba 9:30am - WERQ: 9:30am - Step & Wts: 9:30am - Zumba: 9:30am - Zumba: Kellv Robin Penny Hanna Kelly Penny \*4:30pm - Crunch: 5:30pm - Muscle Erin 5:30pm - Zumba: Madness: Barb 5:30pm - WTs & Yoga: 5:30pm - 20/20/20: Kayla Robin Barb 28 29 30 31 5248 Cobblestone Rd 9:30am - Zumba: 9:30am - PowerPump: 9:30am - Zumba: 9:30am - Zumba: Sheffield Village, OH Kelly Jamie Pennv Pennv 440-934-7440 5:30pm - Muscle 10:30am - Zumba: 10:30am -\*4:30pm - Crunch: Kelly Madness: Barb PowerPump: Jamie Erin theohiogym.com 5:30pm - 20/20/20: \*6:30pmLineDance 5:30pm - Zumba: 5:30pm - WTs & Yoga: support@theohiogym.com Barb Breanna

Robin