



The Ohio Gym

Group Exercise Schedule

JANUARY 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|------------------------------------|
| | | 31 9:30am Zumba-Leesa 10:45am FitForMotherhood- Erin | 1 9:30am FITFORCE Scott | 2 9:30amPowerPump -Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb | 3 9:30amZumba- Leesa 10:30amWERQ- Hannah | 4 9:30amFITFORCE- Scott |
| 5 10:30am FIT FOR Motherhood-ERIN | 6 9:30amFitness Fun-Lana 10:30amPower Pump-Jamie 5:30pmZUMBA Penny | 7 9:30amZumba- Leesa 5:30pm Muscle Madness-Barb | 8 9:30amZumba- Leesa 5:30pmWTS & YOGA- Robin | 9 9:30amPowerPump - Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb | 10 9:30amZumba- Leesa 10:30amWERQ- Hannah | 11 9:30amFITFORCE- Scott |
| 12 | 13 9:30amZumba- Leesa 10:30amPower Pump-Jamie 5:30pmZumba Penny | 14 9:30amZumba- Leesa 5:30pmMuscle Madness-Barb | 15 9:30amZumba- Leesa 5:30pmWTS & YOGA- Robin | 16 9:30amPowerPump - Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb | 17 9:30amZumba- Leesa 10:30amNO CLASS | 18 9:30amFITFORCE- Scott |
| 19 10:30am FIT FOR Motherhood-ERIN | 20 9:30amFitness Fun-Lana 10:30amPower Pump-Jamie 5:30pm Zumba Penny | 21 9:30amZumba- Leesa 5:30pm Muscle Madness-Barb | 22 9:30amZumba- Leesa 5:30pmWTS & YOGA- Robin | 23 9:30amPowerPump -Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb | 24 9:30amZumba- Leesa 10:30amWERQ- Hannah | 25 9:30amFITFORCE- Scott |
| 26 | 27 9:30amZumba- Leesa 10:30amPower Pump-Jamie 5:30pmZumba Penny | 28 9:30amZumba- Leesa 5:30pm Muscle Madness-Barb | 29 9:30amZumba- Leesa 5:30pmWTS & YOGA- Robin | 30 9:30amPowerPump - Jamie 10:30ZumbaLeesa 5:30pm20/20/20 Barb | 31 9:30amZumba- Leesa 10:30amWERQ- Hannah | |