

JAN  
2026

# THE OHIO GYM GX SCHEDULE

SUN

MON

TUE

WED

THU

FRI

SAT

## Staffed Hours

Monday - Thursday

8am-10pm

Friday - 9am - 8pm

Saturday - 8am-2pm

4

11

**\*PAY PER  
CLASS \$5  
specialty  
class**

18

25

5248 Cobblestone Rd,  
Sheffield Village, OH  
440-934-7440  
theohiogy.com  
support@theohiogy.com

1

**HAPPY  
NEW  
YEAR!!!**

2

9:30am -  
Zumba: **Kelly**

3

9:30am - FIT  
FORCE:  
**Scott**

7

9:30am - Zumba:  
**Penny**  
  
5:30pm - Zumba:  
**Melody**

8

9:30am - PowerPump:  
**Jamie**  
10:30am - Zumba:  
**Kelly**  
5:30pm - 20/20/20:  
**Barb**

9

9:30am - WERQ:  
**Hanna**

10

9:30am - F.I.T. Force:  
**Scott**  
\*10:30am - Line  
Dancing: **Breanna**

14

9:30am - Zumba:  
**Penny**  
  
5:30pm - WTS &  
YOGA: **Robin**

15

9:30am - PowerPump:  
**Jamie**  
10:30am - Zumba:  
**Kelly**  
5:30pm - 20/20/20:  
**Barb**

16

9:30am - WERQ:  
**Hanna**

17

9:30am - FIT  
Force:  
**Scott**

21

9:30am - Zumba:  
**Penny**  
5:30pm - WTs & Yoga:  
**Robin**  
\*6:30pm - Line  
Dancing: **Breanna**

22

9:30am - PowerPump:  
**Jamie**  
10:30am - Zumba:  
**Kelly**  
5:30pm - 20/20/20:  
**Barb**

23

9:30am - WERQ:  
**Hanna**

24

9:30am - FIT  
Force:  
**Scott**

28

9:30am - Zumba:  
**Penny**  
  
5:30pm - WTs & Yoga:  
**Robin**

29

9:30am - PowerPump:  
**Jamie**  
10:30am - Zumba:  
**Kelly**  
5:30pm - 20/20/20:  
**Barb**

30

9:30am - Zumba:  
**Kelly**

31

9:30am - FIT  
Force:  
**Scott**