



The Ohio Gym

Group Exercise Schedule – SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Cardio/Wts Robin	2 9:30am Zumba - Kelly 5:30pm Muscle Madness - Barb	3 9:30am Zumba - Penny *4:30pm Total Body – ERIN 5:30pm WTS & YOGA - Robin	4 9:30am Power Pump - Jamie 10:30am Zumba – Kelly 5:30pm 20/20/20 - Barb	5 9:30am WERQ - Hannah	6 9:30am FITFORCE -Scott
7	8 9:30am Zumba – Penny 10:30am Power Pump - Jamie 5:30pm ZUMBA - Kayla	9 9:30am Zumba – Kelly 5:30pm Muscle Madness - Barb	10 9:30am Zumba -Penny *4:30pm Bootcamp -ERIN 5:30pm WTS & YOGA - Robin	11 9:30am PowerPump - Jamie 10:30am Zumba - Kelly 5:30pm 20/20/20 - Barb	12 9:30am WERQ - Hannah	13 9:30am FITFORCE – Scott *10:30am Line Dance - Breanna
14 <i>*\$5 specialty class members & non-members</i>	15 9:30am Zumba –Penny 10:30am Power Pump – Jamie 5:30pm CardioKick - Robin	16 9:30am Zumba – Kelly 5:30pm Muscle Madness - Barb	17 9:30am Zumba - Penny *4:30pm Pilates - ERIN 5:30pm WTS & YOGA - Robin	18 9:30am Power Pump - Jamie 10:30am Zumba - Kelly 5:30pm 20/20/20 - Barb	19 9:30am WERQ - Hannah	20 9:30am FITFORCE - Scott
21	22 9:30am Zumba - Penny 10:30am Power Pump – Jamie 5:30pm Zumba - Kayla	23 9:30am Zumba - Kelly 5:30pm Muscle Madness - Barb	24 9:30am Zumba - Penny 5:30pm <u>NO CLASS</u>	25 9:30am Power Pump - Jamie 10:30am Zumba – Kelly 5:30pm <u>NO CLASS</u>	26 9:30am WERQ - Hannah	27 9:30am FITFORCE - Scott
28	29 9:30am Zumba - Penny 10:30am Power Pump - Jamie 5:30pm CardioKick - Robin	30 9:30am Zumba - Kelly 5:30pm Muscle Madness –Barb *6:30pm Line Dance - Breanna	31 9:30am Zumba - Penny 5:30pm WTS & YOGA - Robin			