



MAY GROUP EXERCISE SCHEDULE

THE OHIO GYM SHEFFIELD
5248 COBBLESTONE RD., SHEFFIELD VILLAGE, OH 44035
216.934.7440 | THEOHIOGYM.COM/SHEFFIELD

		1 WEDNESDAY 9:30AM ZUMBA [LEESA] 5:30PM WTS & YOGA [ROBIN]	2 THURSDAY 9:30AM POWER PUMP [JAMIE] 10:30AM ZUMBA [LEESA] 5:30PM 20/20/20 [BARB]	3 FRIDAY 9:30AM ZUMBA [LEESA] 10:30AM WERO [HANNAH]	4 SATURDAY 9:30AM FITFORCE [SCOTT]	
6 MONDAY 9:30AM CARDIOFIT [LANA] 10:30AM POWER PUMP [JAMIE] 5:30PM ZUMBA [PENNY]	7 TUESDAY 9:30AM ZUMBA [LEESA] 5:30PM MUSCLE MADNESS [BARB]	8 WEDNESDAY 9:30AM ZUMBA [LEESA]	9 THURSDAY 9:30AM POWER PUMP [JAMIE] 10:30AM ZUMBA [LEESA] 5:30PM SPIN & WTS [BARB]	10 FRIDAY 9:30AM ZUMBA [LEESA] 10:30AM WERO [HANNAH]	11 SATURDAY 9:30AM FITFORCE [SCOTT]	
13 MONDAY 9:30AM ZUMBA [LEESA] 10:30AM POWER PUMP [JAMIE] 5:30PM ZUMBA [PENNY]	14 TUESDAY 9:30AM ZUMBA [LEESA] 5:30PM MUSCLE MADNESS [BARB]	15 WEDNESDAY 9:30AM ZUMBA [LEESA] 5:30PM WTS & YOGA [ROBIN]	16 THURSDAY 9:30AM POWER PUMP [JAMIE] 10:30AM ZUMBA [LEESA] 5:30PM 20/20/20 [BARB]	17 FRIDAY 9:30AM ZUMBA [LEESA] 10:30AM WERO [HANNAH]	18 SATURDAY 9:30AM FITFORCE [SCOTT]	19 SUNDAY 10:00AM SELF-DEFENSE [NICO ODOOR - MMA FIGHTER / INSTRUCTOR] \$10 - MEMBERS & NON-MEMBERS WELCOME RSVP: 440-572-1324
20 MONDAY 9:30AM CARDIOFIT [LANA] 10:30AM POWER PUMP [JAMIE] 5:30PM ZUMBA [PENNY]	21 TUESDAY 9:30AM ZUMBA [LEESA] 5:30PM MUSCLE MADNESS [BARB]	22 WEDNESDAY 9:30AM ZUMBA [LEESA] 5:30PM WTS & YOGA [ROBIN]	23 THURSDAY 9:30AM POWER PUMP [JAMIE] 10:30AM ZUMBA [LEESA] 5:30PM SPIN & WTS [BARB]	24 FRIDAY 9:30AM ZUMBA [LEESA] 10:30AM WERO [HANNAH]	25 SATURDAY 9:30AM FITFORCE [SCOTT]	
27 MONDAY 9:30AM 20/20/20 [ROBIN] <i>Happy Memorial Day</i>	28 TUESDAY 9:30AM ZUMBA [LEESA] 5:30PM MUSCLE MADNESS [BARB]	29 WEDNESDAY 9:30AM ZUMBA [LEESA] 5:30PM WTS & YOGA [ROBIN]	30 THURSDAY 9:30AM POWER PUMP [JAMIE] 10:30AM ZUMBA [LEESA] 5:30PM 20/20/20 [BARB]	31 FRIDAY 9:30AM ZUMBA [LEESA] 10:30AM WERO [HANNAH]		