

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am GO Fit Boot Camp w/ Greg (Outside)	5:45am GO Fit Boot Camp w/ Greg (Outside)	5:45am GO Fit Boot Camp w/ Greg (Outside)	5:45am GO Fit Boot Camp w/ Greg (Outside)	5:45am GO Fit Boot Camp w/ Greg (Outside)	7:15am GO Fit Boot Camp w/ Greg (Outside)
5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	5:45 am HIIT w/ Robin 30 Minutes	*9:00 am Triple Threat w/ Peggy
*6:45 am Sunrise Yoga w/ Gopi	*6:45 am Sunrise Yoga w/ Gopi	*6:45 am Sunrise Yoga w/ Gopi	*6:45 am Sunrise Yoga w/ Gopi	*6:45 am Sunrise Yoga w/ Gopi	*10:30 am Meditation w/ Gopi
*6:00 pm Sunset Yoga w/ Gopi	*6:00 pm Sunset Yoga w/ Gopi	*9:00 am Power Circuit w/ Peggy	*6:00 pm Step Interval w/ Peggy		
6:00 pm Zumba (Court 2) w/ Stephanie		*6:00 pm Sunset Yoga w/ Gopi	*6:00 pm Sunset Yoga w/ Gopi (Party Room)		
		6:00 pm Zumba (Court 2) w/ Stephanie			

*Limited class size & pre-registration is necessary. You may register by calling 330-405-5757 or online at twinsburgfitness.com

*For classes meeting outside, participants should enter through the main lobby and meet instructor in the fieldhouse.

HAPPY
Labor Day

Announcements

Labor Day Hours- 5:30a-1p

Facility Hours

**Monday - Friday 5:30am - 1:00pm
2:00pm - 8:00pm**

***Close 1pm-2pm for deep cleaning**

Saturday 7:00am - 3:00pm

Customer Service Hours

Monday - Friday 10:00am - 12:00pm

4:00pm - 6:00pm

Saturday

12:00pm - 3:00pm



Aqua Fitness

MONDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	
TUESDAY	8:30am Deep Water Workout w/Paula	9:00 am Shallow Water Workout w/ Paula	11:00am Aqua Flex w/Nancy
WEDNESDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	
THURSDAY	8:30am Deep Water Workout w/Paula	9:00am Shallow Water Workout w/ Paula	11:00am Aqua Flex w/Nancy
FRIDAY	8:30 am Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy	
SATURDAY	9:00 am Hydro Fitness w/Lori		



SilverSneakers

Tuesday	Thursday
9:00 am Silver Sneakers Circuit w/ Dionne	9:00 am Silver Sneakers Classic w/ Dionne

Silver Sneaker Participants:

We are so excited to welcome you all back! Due to the Covid-19 guidelines, here are just a few reminders as we start back to class.

*Classes will be held at the Community Center.

*To comply with social distancing guidelines, space will be limited, therefore all participants must pre-register for class. You may register by calling 330-405-5757 or online at twinsburgfitness.com.

*In accordance with the Face Coverings order issued by the Governor, face coverings are required except when exercising.

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