



Twinsburg Fitness Center *Ohio*



GROUP FITNESS CLASSES

February 2024 Schedule

*SS – SilverSneakers –

Dionne’s SilverSneakers Classes – pre-registration required (for classes starting February 12, 2024), maximum 30 participants per class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM Go Fit Boot Camp w/Greg (T-Zone)	5:45 AM HIIT w/Robin (30 Minutes)	5:45 AM Go Fit Boot Camp w/Greg (T-Zone)	5:45 AM HIIT w/Robin (30 Minutes)	7:15 AM GO Fit Boot Camp w/ Greg (T-Zone)
8:00 AM SS Circuit w/Dionne (Court #1, Max 30)	8:00 AM SS Classic w/ Dionne (Court #1, Max 30)	8:00 AM SS Circuit w/ Dionne (Court #1, Max 30)	8:00 AM SS Classic w/ Dionne (Court #1, Max 30)	8:45 AM SS Circuit w/ Dionne (Court #1, Max 30)	9:30 AM Cycling w/ John (Party Room, 15 Bikes)
9:00 AM SS Circuit w/Dionne (Court #1, Max 30)	9:00 AM SS Classic w/ Dionne (Court #1, Max 30)	9:00 AM SS Circuit w/ Dionne (Court #1, Max 30)	9:00 AM SS Classic w/ Dionne (Court #1, Max 30)	10:00 AM Cycling w/ John (Party Room, 15 Bikes)	
10:00 AM Cycling w/ John (Party Room, 15 Bikes)	6:00 PM Pilates w/Mara (Party Room, Max 15)	9:00 AM Silver Strength w/Mara (Party Room)	9:30 AM Zumba w/ Cookie (Upstairs)		
10:00 AM SS Boom Muscle w/ Tim (Upstairs)		10:00 AM SS Boom Muscle w/ Tim (Upstairs)	7:00 PM Relaxation Yoga w/Liz Upstairs		
10:30 AM SS Boom Mind w/ Tim (Upstairs)		10:30 AM SS Boom Mind w/ Tim (Upstairs)			
11:15 AM Chair Yoga w/Liz (Party Room)		11:15 AM Chair Yoga w/Liz (Party Room)			

Fitness Updates: Class Cancellations for February – Mara (2/2 and 2/7), Cookie (2/15 and 2/22) and Tim (2/28).

Please note changes to Dionne’s SilverSneakers classes (additional classes and class maximum capacity limits).

Facility Closures: Monday, February 19, 2024 Presidents Day

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Group Aqua Fitness February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Deep Water Aqua Challenge w/ Sharon	8:45 AM Deep Water Workout w/ Paula	9:00 AM Deep Water Aqua Challenge w/ Sharon	11:00 AM Aqua Flex w/Micky	8:45 AM Deep Water Workout w/ Paula	9:00 AM Hydro Fitness w/ Lori
9:30 AM Water Works w/ Sharon	9:30 AM Shallow Water Workout w/ Paula	9:30 AM Water Works w/ Sharon		9:30 AM Gentle Water w/Paula	
10:30 AM Aqua Lite w/ Sharon	11:00 AM Aqua Flex w/Micky	10:30 AM Aqua Lite w/ Sharon		11:00 AM Aqua Flex w/ Micky	
6:00 PM Hydro Fitness w/Lori					

Pool Closure: **Monday, February 19, 2024 for President's Day.**

Class Cancellations: **None**

Department and Facility News:

- **Open Pickleball Play Monday – Friday 5:30 AM – 2 PM and Saturday from 7:00 – 9:00 AM, on Court #3. Membership and drop in rates apply.**
- **Swim Team Season has begun, lap lanes may be limited at various times. In the case there are limited lap lanes, please be respectful to share space with your fellow members.**
- **Building Closure alert: In observance of President's Day, the Fitness Center will be closed, February 19, 2024 afterhours access WILL be available on those days.**
- **Community Event Alert! Everyone's and Artist, Saturday, February 24, 2024 from 10:00 AM – 12:00 PM at the Twinsburg Community Center. All ages and abilities welcome! Enjoy crafts, demonstrations and balloon art. Registration is not required. FREE admission.**

Facility Hours

Monday – Thursday 5:30 AM – 9:00 PM
 Friday 5:30 AM – 8:00 PM
 Saturday 7:00 AM – 3:00 PM

Pool Hours

Monday – Thursday 5:30 AM – 8:30 PM
 Friday 5:30 AM – 7:30 PM
 Saturday 7:00 AM – 2:30 PM

CUSTOMER SERVICE & GUEST ADMISSION: Monday-Friday 7:30AM – 7:30PM | Saturday, 7:30AM – 2:30PM

***Saturday hours may be subject to change*