



Julie's Fitness Studio Class Schedule - December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4pm Fully Fit Express 6pm Cardio, Core & More 7pm Spin/TRX***	2 5am Spin *** 9am Cardio Drumming	3 7am Freestyle Yoga*** 8:15am Spin *** 9:15am Fully Fit
4 4pm Freestyle Yoga***	5 5am Spin *** 8am 20/20/20 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Body Blast 7pm Spin/TRX ***	6 4pm Fully Fit Express 6pm Fully Fit	7 5am Spin *** 8am Freestyle Yoga*** 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Cardio Drumming 7:15pm Freestyle Yoga***	8 4pm Fully Fit Express 6pm Cardio, Core & More 7pm Spin/TRX***	9 5am Spin *** 9am Cardio Drumming	10 7am Freestyle Yoga*** 8:15am Spin *** 9:15am Fully Fit
11 4pm Freestyle Yoga***	12 5am Spin *** 8am 20/20/20 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Body Blast 7pm Spin/TRX ***	13 4pm Fully Fit Express 6pm Fully Fit	14 5am Spin *** 8am Freestyle Yoga*** 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Cardio Drumming 7:15pm Freestyle Yoga***	15 4pm Fully Fit Express 6pm Cardio, Core & More 7pm Spin/TRX***	16 5am Spin *** 9am Cardio Drumming	17 7am Freestyle Yoga*** 8:15am Spin *** 9:15am Fully Fit
18 4 pm Freestyle Yoga***	19 5am Spin *** 8am 20/20/20 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Body Blast 7pm Spin/TRX ***	20 4pm Fully Fit Express 6pm Fully Fit	21 5 am Spin *** 8am Freestyle Yoga*** 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Cardio Drumming 7:15pm Freestyle Yoga***	22 4pm Fully Fit Express 6pm Cardio, Core & More 7pm Spin/TRX***	23 5am Spin *** 9am Cardio Drumming	24 7am Freestyle Yoga*** (YOGA IS CANCELLED) 8:15am Spin *** 9:15am Fully Fit
25 	26 5am Spin CANCELLED 8am CANCELLED 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Body Blast 7pm Spin/TRX***	27 4pm Fully Fit Express 6pm Fully Fit	28 5 am Spin *** 8am Freestyle Yoga*** 9:15am SilverSneakers Strength and Balance/Cardio Drumming 6pm Cardio Drumming 7:15pm Freestyle Yoga***	29 4pm Fully Fit Express 6pm Cardio, Core & More 7pm Spin/TRX***	30 5am Spin *** 9am Cardio Drumming	31 7am Freestyle Yoga*** 8:15am Spin *** 9:15am Fully Fit

For unlimited number of included fitness classes - \$45 per month (with yearly contract) - Individual classes - \$10 per class ***Spin classes - require signups and extra fees, Yoga classes - require extra fees

Julie's Fitness Studio (Julie): 419-350-7426
Juliesfitstudio@gmail.com

SilverSneakers (Cheryl Rodgers): 419-367-7471

Bee Free Yoga (Sheila Watson): 419-410-3990
beefreeyoga@gmail.com

www.juliesfitstudio.com

Class Descriptions

Spin Express	A 40 minute spin class
20/20/20	A 60 minute class that begins with 20 minutes of step and goes into 20 minutes of weights and finishes with 20 minutes of balance and core work.
Silver Sneakers / Cardio Drumming	A 45 minute class using hand weights, elastic bands and small hand held balls all while standing or seated for seniors. No floor exercises. Followed by 30 min. of Cardio Drumming.
Body Blast	a 60 minute circuit based workout with a variety of exercises which can include free weights, body weight, and cardio bursts, etc.
Spin/TRX	30 minutes of spin and 30 minutes of TRX.
Fully Fit	A 60 minute class designed to work every muscle using hand weights along with cardio bursts and core strengthening.
Fully Fit Express	45 minutes.
Spin	A 60 minute spin class.
45 Spin/15 Sculpt	A 45 min spin class followed by 15 min of sculpting upper body/abs
Cardio Drumming	A 60 minute class using drumsticks and exercise balls to provide a full body workout.
30/30 Step/Abs	A 60 minute class that begins with 30 minutes of step and goes into 30 minutes of ab work.
Yoga	Freestyle yoga with Sheila of BeeFree Yoga.
Cardio, Core & More	A 60 minute fusion class starting with cardio utilizing the step, followed by Tabata rounds using weights and finishing the hour with core.