



Julie's Fitness Studio Class Schedule - January 2017



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