

GROUP EXERCISE

Schedule

Hours of operation | Mon-
Thurs 5am-11pm | Fri 5am-
10pm | Sat-Sun 7am-7pm

FX FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am-10:00am Step & Rumble (CWL) Kathy	8:30am-9:30am Strength (CWL,RT) Maribeth	9:00am-10:00am Step (CWL) Kathy	10:00am-11:30am Water Aerobics (RT,FL,C) Group	9:00am-10:00am Rumble (CWL) Kathy	8:30am-9:30am Cardio Challenge (CWL) "TBA"	10:00am-11:00am Yoga (FL) Shari
10:00am-11:00am Ripped (CWL,RT) Kathy	10:00am-11:30am Water Aerobics (RT,FL,C) Group	10:00am-11:00am Ripped & Rumble (CWL,RT) Kathy	5:00pm-6:00pm Strength (RT) Amy	10:00am-11:00am Yoga Stretch (FL) Kathy	9:30am-10:30am Strength & Tone (RT) "TBA"	11:00am-12:00pm Step Intervals (CWL) Cheryl
10:00am-11:30am Water Aerobics (RT,FL,C) Group	5:00pm-6:00pm Strength (RT) Amy	5:30pm-6:30pm Zumba (CWL,RT) Felecia	7:00pm-8:00pm Cardio Dance (CWL) Becky		10:30am-11:30am Punch & Pump (CWL,RT) Lorrie	
6:30pm-7:30pm Step Challenge (CWL) Cheryl	6:00pm-7:00pm Zumba (CWL,RT) Felecia	6:30pm-7:30pm Cardio Dance (CWL) Becky			11:30am-12:30pm Pilates (RT) Lorrie	
7:30pm-8:30pm Raise The BAR (RT) Cheryl	7:00pm-8:00pm HIT Cardio (CWL) Cheryl	7:30pm-8:30pm Yoga (FL) Shari				

RT: RESISTANCE & TONING | CWL: CARDIO/WEIGHT LOSS | FL: FLEXIBILITY
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