



Group Fitness Schedule

See backside for class descriptions!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Find us on Social Media! 419.724.7000 www.gomadfitness.com</p>		<p>1</p> <p>7p – 8p Zumba with Josh</p>	<p>2</p> <p>6:15a – 7:15a Spinning with Margo</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>3</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>4</p>	<p>5</p> <p>8a – 9a Spinning with Margo</p> <p>8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>11a - 12p Zumba with Josh</p>
<p>6</p>	<p>7</p> <p>5:30p – 6:30p Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>8</p> <p>7p – 8p Zumba with Josh</p>	<p>9</p> <p>6:15a – 7:15a Spinning with Margo</p> <p>9:30a – 10:30a Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>10</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>11</p>	<p>12</p> <p>8:15a – 9:15a Yoga with Angie</p> <p>5 YEAR ANNIVERSARY PARTY</p>
<p>13</p> <p>HAPPY Mother's DAY</p> 	<p>14</p> <p>5:30p – 6:30p Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>15</p> <p>7p – 8p Zumba with Josh</p>	<p>16</p> <p>6:15a – 7:15a Spinning with Margo</p> <p>9:30a – 10:30a Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>17</p> <p>10a – 11a NO Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>18</p>	<p>19</p> <p>8a – 9a Spinning with Margo</p> <p>8:15a – 9:15a NO Yoga with Angie</p> <p>9:30a – 10:30a Turbo Kick with Denise</p> <p>11a - 12p Zumba with Josh</p>
<p>20</p>	<p>21</p> <p>5:30p – 6:30p Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>22</p> <p>7p – 8p Zumba with Josh</p>	<p>23</p> <p>6:15a – 7:15a Spinning with Margo</p> <p>9:30a – 10:30a Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>24</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	<p>25</p>	<p>26</p> <p>8a – 9a NO Spinning with Margo</p> <p>8:15a – 9:15a Yoga with Angie</p> <p>9:30a – 10:30a NO Turbo Kick with Denise</p> <p>11a - 12p NO Zumba with Josh</p>
<p>27</p>	<p>28</p> <p>NO CLASSES</p>  <p>Memorial DAY</p>	<p>29</p> <p>7p – 8p Zumba with Josh</p>	<p>30</p> <p>6:15a – 7:15a Spinning with Margo</p> <p>9:30a – 10:30a Insanity with Cheryl</p> <p>5:30p – 6:15p TRX with Lynne</p>	<p>31</p> <p>10a – 11a Yoga with Angie</p> <p>6p – 7p Turbo Kick with Denise</p>	 <p>GoMAD.TM FITNESS</p> <p>Make A Difference!</p>	

Class Descriptions

Turbo Kick with Denise

An energy-filled workout that anyone can do! Whether you love or hate burpees, there is a modifier for every fitness level. Turbo Kick with Denise combines easy and safe punches and kicks with awesome music that makes you forget you're even working out! Turbo Kick is great for all ages. Required equipment for class: Good tennis shoes and a positive attitude.

Zumba with Josh

Dance along to choreography with a fusion of Latin and International music. Zumba creates dance themes that create a dynamic and exciting full body workout! Based on the principle that a workout should be "fun and easy to do", Zumba features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Spinning with Margo

As Spinning is a high intensity workout, we encourage you to push yourself to the limit while also allowing you to go at your own pace. We will start with a warm up, and progress into the workout and end with a cooldown/stretch. We are here to help you properly set your bike up and will pump you up the entire way through the ride!

***Spinning is of high demand, so please reserve your spot 24 hours prior to class time by calling the club at (419) 724-7000!**

Yoga with Angie

This yoga class is suitable for all fitness levels to gain balance, core strength, flexibility, stress relief, muscle recovery and even joint health. Come try a class for free! You'll love it!

TRX (Total Body Resistance Exercise) with Lynne

A total body workout that develops strength, balance, and core stability while using your own bodyweight as resistance. This class benefits people of all fitness levels and is fun and challenging! Come try this free class!

Insanity with Cheryl

Insanity is a maximum interval training class with cardio, plyometric movements, strength and core intervals. Modifications are available for all fitness levels! Burn fat, torch calories & get defined! It's time to dig deep!