



Studio 82

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>9:00</u></p> <p>TOTAL BODY WORKOUT— CARDIO STRENGTH STRETCH</p> <p><u>6:30</u></p> <p>SPIN</p>	<p><u>6:30</u></p> <p>TOTAL BODY WORKOUT— CARDIO STRENGTH STRETCH</p> <p><u>7:30</u></p> <p>PILATES !</p>	<p><u>9:30</u></p> <p>INTERVAL WORKOUT</p>	<p><u>6:30</u></p> <p>RETRO CARDIO</p>	<p><u>9:00</u></p> <p>FULL BODY STRENGTH AND STRETCH YOGA NEW!</p>	<p><u>9:00</u></p> <p>TOTAL BODY WORKOUT CARDIO STRENGTH STRETCH</p>

440-582-4211



CLASS DESCRIPTIONS

FULL BODY STRENGTH AND STRETCH YOGA Build strength and improve flexibility using resistance bands in this low impact class. Controlled strength exercises targeting hips, glutes, core, shoulders, and back and will be performed using light to moderate resistance bands.

INTERVAL WORKOUT This interval-based class combines full-body strength training with high intensity cardio bursts, designed to tone your body, improve your endurance, and clear your mind before you start your busy day!

PILATES A traditional, basic pilates class, focusing on core and trunk muscles, while also training the arms and legs.

RETRO CARDIO FITNESS A flashback to good old-fashioned cardio to your favorite oldies tunes. A SWEATY workout!

SPIN This 45 minute stationary cycling class will accommodate all levels of exercisers, from the beginner to the elite athlete. With the music pumping, your instructor will guide you through a ride that will leave you feeling both invigorated and exhausted at the same time.

TOTAL BODY WORKOUT A variety of cardio, core, power, and strength all women need to work the muscles of the whole body. Weight bearing activities to increase bone and strength for daily functional fitness. Targets all body parts. Finish up with core and stretching exercises.

FITNESS PRICES

Drop In \$15

ANY 4 classes/month \$40 ANY 8 classes/month \$70 12 classes + / month (unlimited) \$96

Payment Forms— CHECK, VENMO to claregales, or CASH (exact amount, please).