



# Studio 82

## APRIL 2026

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

440-582-4211



# CLASS DESCRIPTIONS

**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!

**SIMPLE STRENGTH AND STRETCH** ..... This class will build strength, improve flexibility and support overall body balance using simple series of low impact exercises, using bodyweight or light resistance. Joins us whether you are new to fitness or want to begin to balance out your body.

**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).**