

# Medallion Group Fitness



## CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spinning</b> 5:45 am - Karma		<b>Cycle Sculpt</b> 5:45 am - Karma				
					<b>Spinning</b> 7:00 am - Kristin	
			<b>TRX</b> 8:30 am - Karen		<b>Total Conditioning</b> 8:15 am - Karen	
<b>Strong Body</b> 9:00 am - Lori	<b>Pilates Fusion</b> 9:00 am - Lori	<b>Body Works/Core Pilates</b> 9:00 am - Lori		<b>Golf Fit</b> 9:30 am - Adam		
<b>Hydro Fit at the Pool</b> 10:30 am - Lori	<b>Hydro Fit at the Pool</b> 10:30 am - Lori	<b>Hydro Fit at the Pool</b> 10:30 am - Lori	<b>Hydro Fit at the Pool</b> 10:30 am - Lori	<b>Hydro Fit at the Pool</b> 10:30 am - Lori		
<b>Golf Fit</b> 10:30 am - Adam						
<b>Zumba</b> 5:30 pm - Tori			<b>Zumba</b> 5:30 pm - Tori			
<b>Get Fit</b> 7:00 pm - Melissa	<b>Burn &amp; Sculpt</b> 6:30 pm - Karen					

### PRICING

- Package of any 10 Classes\* - \$75 (7.50 per Class)
- Package of any 20 Classes\* - \$140 (\$7 per Class)
- Package of any 30 Classes - \$195 (\$6.50 per Class)
- Package of any 40 Classes - \$240 (\$6 per Class)
- Drop-in Fee (Any Class/Any Time Slot) - \$10
- Guest Fee (Any Class/Any Time Slot) - \$15

### Instructors

Lori Ebright: Strong Body, Pilates Fusion, Body Works/  
Core Fitness & Hydro Fit  
Karma McConoha: Cycle Sculpt  
Kristin Reed: Spinning  
Adam Tobias: Golf Fit  
Karen Zimmerman: Burn & Sculpt, Total Conditioning  
Tori Alexander: Zumba Fitness  
Melissa Stalter: Get Fit

### For More Information Please Contact:

Fitness: (614) 794-6999 ext. 110 (Or Pete at ext. 335)

- \*Couples, Sons & Daughters 19-24 yrs. can share packages
- \*Packages expire after 6 months from date of purchase
- \*Class sizes are limited so reservations are suggested
- \*Classes are subject to change without notice
- \*1 hour cancellation policy will apply

