

Medallion Group Fitness



CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 5:45 am - Karma		Spinning 5:45 am - Karma				
			TRX 8:30 am - Karen		Total Conditioning 8:00 am - Karen	
	Pilates Fusion 9:00 am - Lori	Body Works/Core Pilates 9:00 am - Lori		Golf Fit 9:30 am - Adam	TRX 9:15 am - Karen	
Golf Fit 10:30 am - Adam						
Yoga 6:00 pm - Chad			Zumba 5:15 pm - Tori			
Get Fit 7:00 pm - Melissa	Burn & Sculpt 6:30 pm - Karen	Golf Core Yoga 7:00 pm - Adam				

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: Pilates Fusion, Body Works/ Core Fitness & Hydro Fit
 Karma McConoha: Spinning
 Chad Smith: Yoga, Kids Fit
 Adam Tobias: Golf Fit, Golf Core Yoga
 Karen Zimmerman: Burn & Sculpt, Total Conditioning, TRX
 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



GOLF MANAGEMENT