

**Group Fitness Schedule 2018  
(October 1- December 21)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | **Cardio Xpress** *Studio*  **12:05p-12:35p**  Julia |  |  | **Yoga** *Studio (Fee Based)*  **12:00p-1:00p** Julie |  |

**CCAC**

**\* You must be a member of a Cleveland Clinic-owned Fitness Center to participate in group classes. No HOLDING equipment for others. All classes CLOSE 10 minutes after start time.**

**\* Classes less than 5 regular attendees can be cancelled at the discretion of the Fitness Center. Classes may also be cancelled for special events, or weather. Please visit** [**http://www.ccemployeewellness.com/group-exercise**](http://www.ccemployeewellness.com/group-exercise) **for cancellations (if a class is cancelled there will be a pop-up notification).**

**\* For more information about Employee Wellness Yoga and to purchase passes, please visit** [**www.ccemployeewellness.com/yoga-classes**](http://www.ccemployeewellness.com/yoga-classes)

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**Class Descriptions**

**Cardio Xpress** – Don’t have time for a long exercise routine? Stop by for this quick fix cardio class that will get your heart pumping and sweating in a short amount of time!

**Yoga – (Employee Wellness)** Practice the fundamentals of yoga as your focus on posture and form while enhancing relaxation and flexibility.