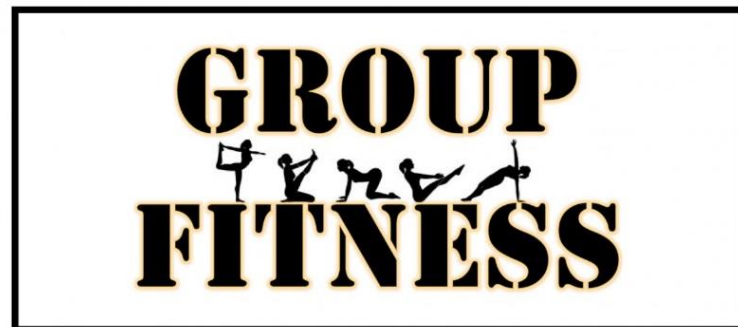


DECEMBER 2018 CLASS SCHEDULE						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM		Training Camp Ali W. (Diane 12/17)		*Spinning AM Diane		
11:15AM			TRAINING Day Pat M.	Kettlebell PLUS Sara H.		
12:15PM		*Yoga Emilie	*Pilates Hester L.	*Vinyasa Yoga Tanvi	*Pilates Hester L.	
		Pedal & Pump Brittney.	*Cycling Mike W.	Power Pump Leo N.	Cycling & Abs Ben	
1:00PM						Spinning Sara
1:30pm	Total Body Circuit Leo N.					
5:30PM		Power Pump Leo N.	*Zumba Celia	Butts & Guts Brittney P.	Boot Camp Ali	*Vinyasa Yoga Kiyoko
			*TRX Circuit Eleonor			
6:00PM		*Spinning Jura (Sara 12/3)		*Spinning Liz McQ.		
7:00PM			*Punch, Jab, H.I.I.T Tavon C.	*TRX Cross Training Tavon C.		

Closed for Christmas 12/24 & 12/25 *No class between Christmas & New Year



All classes require an online reservation.

Class Registration Procedure

Here are the easy steps to complete the online procedure:

1. Go to your website, www.jhmifitness.com
2. Click on Cooley Center
3. Click on Registration
4. Select Class
5. Fill in required info
6. Check your email for the confirmation. If your email confirmation indicates you are registered for the class, you are done.
7. If you are put on the waiting list, you will be “bumped up” in order of the list and you’ll receive an email confirming that you are now registered to take the class in the event someone else cancels their reservation.

To cancel a reservation, open your email confirmation and click on the link at the bottom of the message to cancel your registration.

CLASS PACKAGE RATES FOR <u>STUDENTS</u>	
\$5	One Class
\$8	One Week
\$12	Two Weeks
\$20	Four Weeks
\$32	Eight Weeks
ATTENTION STUDENTS: Students must pay \$5 per class or purchase a class package to participate in any of the group fitness classes.	

CLASS DESCRIPTIONS & RULES ARE LOCATED ON OUR WEBSITE. CLASS ONLINE REGISTRATION OPENS 24 HOURS PRIOR TO THE START TIME OF THE CLASS.

HAVE QUESTION, COMMENTS OR CONCERNS? CONTACT SARA AT SHARMAN3@JHMI.EDU

OR LEO AT LEONORTON@HOTMAIL.COM

www.facebook.com/cooleycenter

