

FEBRUARY 2019 CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM	Training Camp Ali W. (2/4 Maddy sub)		Spinning AM Diane		
11:15AM		TRAINing Day Pat M.	Kettlebell PLUS Sara H. (2/20 Brittney sub)		
12:15PM	Yoga Emilie <hr/> Spin & Sculpt Brittney. (2/25 Maddy sub)	Pilates Hester L. <hr/> Cycling Mike W.	Power Pump Leo N.	Pilates Hester L. <hr/> Cycling & Abs Ben	Body Werk Queen D
1:00PM			Vinyasa Yoga Tanvi		Spinning Sara
5:15pm	*Power Pump Leo N.				
5:30PM		Zumba Celia <hr/> TRX Circuit Eleonor	HIIT with Britt Brittney P.	Boot Camp Ali	Vinyasa Yoga Kiyoko
6:00PM	Spinng Jura <hr/> Zumba Laynie		Spinning Liz, Jura, and Sara		
7:00PM			TRX Cross Training Tavon C.		

***MONDAY POWER PUMP NOW AT 5:15pm**



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, on the link at the bottom 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.	

open your email confirmation and click of the message to cancel your

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

