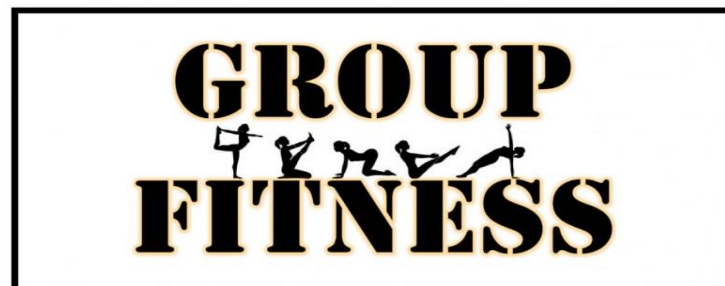


MARCH 2019 CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM	Training Camp <i>Ali W.</i>		Spinning AM <i>Diane</i>		
11:15AM		Power Circuit <i>Ben A.</i>	Kettlebell PLUS <i>Sara H.</i>		
12:15PM	Yoga <i>Emilie</i> <hr/> Spin & Sculpt <i>Brittney / TBD</i>	Pilates <i>Hester L.</i> <hr/> Cycling <i>Mike W.</i>	Power Pump <i>Leo N.</i>	Pilates <i>Hester L.</i> <hr/> Cycling & Abs <i>Ben</i>	Body Werk <i>Queen D</i>
1:00PM			Vinyasa Yoga <i>Tanvi</i>		Spinning <i>Sara</i>
5:15pm	Power Pump <i>Leo N.</i>				
5:30PM		Zumba <i>Celia</i> <hr/> TRX Circuit <i>Eleonor</i> <i>(Tavon 3/19)</i>	HIIT with Britt <i>Brittney / TBD</i>	Boot Camp <i>Ali</i>	Vinyasa Yoga <i>Kiyoko</i> <i>(Sade' 3/22)</i>
6:00PM	Spinng <i>Diane, Sara, Jura</i> <hr/> Zumba <i>Laynie</i> <i>(Gabriela 3/18)</i>		Spinning <i>Liz</i> <i>(Sara 3/6)</i>		
7:00PM			TRX Cross Training <i>Tavon C.</i>		



March is
National
Nutrition
Month

Bite into a Healthy Lifestyle!



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

