

AUGUST 2019 CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM	Training Camp Ali		Spinning AM Diane		
11:15AM		Power Circuit Ben	Kettlebell PLUS Sara		
12:15PM	Yoga Emilie (Colin 8/26) Spin & Sculpt Sara & Leo	Pilates Hester Cycling Mike (Sara 8/6, 8/13) Water Fitness Lindsay	Power Pump Leo (Hester 8/7) Vinyasa Yoga Tanvi (Colin 8/7)	Pilates Hester Cycling & Abs Ben	Meditation & Mobility (30 min.) Lindsay
1:00PM					Spinning Sara
5:15pm	Power Pump Leo N.				
5:30PM		Zumba Celia / Gabriela	MaXX Intervals Tavon	Boot Camp Ali Aqua Zumba Gabriela	Vinyasa Yoga Kiyoko
6:00PM	Yoga Sade'		Spinning Liz	TRX Cross Training Tavon	



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

