
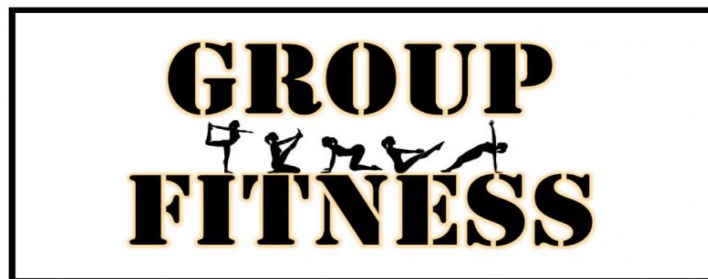


FEBRUARY 2020 CLASS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM	Training Camp <i>Ali</i>		Spinning AM <i>Diane</i>		
11:15AM		Power Circuit <i>Lindsay</i>	Kettlebell PLUS <i>Sara</i>		
12:15PM	Yoga <i>Emilie</i>	Pilates <i>Hester</i>	Power Pump <i>Leo</i>	Pilates <i>Hester</i>	Meditation & Mobility (30 min.) <i>Lindsay</i>
	Spin & Sculpt <i>Ben & Leo</i>		Cycling <i>Mike</i>		
1:00PM					Spinning <i>Sara</i>
5:15pm	Power Pump <i>Leo N.</i>			Boot Camp <i>Ali</i>	
5:30PM		Zumba <i>Celia</i>	MaXX Intervals <i>Tavon</i>	HUGS, KISSES. FITNESS	Vinyasa Yoga <i>Kiyoko</i> <i>(Emilie 2/14)</i>
6:00PM	Yoga <i>Sadé</i>		Spinning <i>Liz</i>	TRX Cross Training <i>Tavon</i>	
	Spinning <i>Sara</i>				

Love Your Heart
this Valentine's
Day



Go to the Gym



My Valentine's Name is Gym.

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.

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

7. If you are put on the waiting order of the list and you'll you are now registered to else cancels their

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.	

list, you will be “bumped up” in receive an email confirming that take the class in the event someone reservation.

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

