






# PLX Fit Club

Lockwood School, 3681 Manchester Rd. Akron, Ohio 44319 (330) 472-5936

<b>Sun</b>			10:00 am  ZUMBA (Ashley)				
<b>Mon</b>		9:00 am  TABATA EXPRESS™ (Karen)		4:30 pm Interval (Mary Lou)	5:45 pm‡  PLX TREME BOOTCAMPS (Julie)		7:00 pm  ZUMBA (Allie)
<b>Tues</b>	5:00 am‡  PLX TREME BOOTCAMPS (Karen)	6:00 am‡  PLX TREME BOOTCAMPS (Karen)	9:00 am Pilates (Kathy)	4:30 pm‡  PLX TREME BOOTCAMPS (Karen)	5:30 pm Cardio Kick-boxing (Karen)	6:30 pm Row & Lift (Julie)	
<b>Wed</b>		9:00 am Strength & Conditioning (Karen)			5:45 pm‡  PLX TREME BOOTCAMPS (Karen)		
<b>Thur</b>	5:00 am‡  PLX TREME BOOTCAMPS (Karen)	6:00 am‡  PLX TREME BOOTCAMPS (Karen)	9:00 am Pilates (Kathy)	4:30 pm‡  PLX TREME BOOTCAMPS (Karen)	5:30 pm Cut 360° (Karen)	6:30 pm  ZUMBA (Ashley)	
<b>Fri</b>	5:00 am People's Choice (Karen)	9:00 am Row & Lift (Karen)					
<b>Sat</b>	8:30 am HIIT (Karen)	9:15 am  ZUMBA (Ashley)					

\*WOD (Work Out of the Day) instructor's choice  
\*\*TRX is a 4-week session pre-registration class.

‡Bootcamps are 8 or 6-week pre-registration or a \$10 drop in fee per class.