

PLX Fit Club

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

Sun		10:00 am  ZUMBA (Ashley)	11:00 am Pilates (Ashley)				
Mon		9:00 am  TABATA EXPRESS™ (Karen)		4:30 pm Interval (Mary Lou)	5:45 pm‡  PLX TREME FIT CLUB BOOTCAMPS (Julie)		7:00 pm  ZUMBA (Allie)
Tues	5:00 am‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)	6:00 am‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)		4:30 pm‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)	5:30 pm Cardio Kick-boxing (Karen)		
Wed	5:00 am HIIT (Karen)	9:00 am Strength & Conditioning (Karen)		4:30 pm Interval	5:45 pm‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)		
Thur	5:00 am‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)	6:00 am‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)		4:30 pm‡  PLX TREME FIT CLUB BOOTCAMPS (Karen)	5:30 pm Cut 360° (Karen)	6:30 pm  ZUMBA (Ashley)	
Fri	5:00 am People's Choice (Karen)	9:00 am Row & Lift (Karen)					
Sat	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.