



POWER SHACK FITNESS CENTER

2019 Classes
614-771-8873

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00 Spin	
9:00-9:45 Spin Leslie				9:00-9:45 Spin Leslie		
11:00 Sandy Classic Silver Sneakers Classic			11:00 Sandy Pre-classic cardio 11:15 Classic Silver Sneakers			11 am-12:30 Yoga Lisa
*5:15-5:45 pm Little Tigers Taekwondo Kathy		*5:15-5:45 pm Little Tigers Taekwondo Kathy				
*6-7 pm Adult/Child Mix Taekwondo		*6-7 pm Adult/Child Mix Taekwondo				
6:30-7:30 pm Spin Leslie		5:30 pm Spin		*6-7pm Little Tigers Taekwondo Kathy		
***Karate 7:30-9:45 pm		***Karate 7:30-9:45 pm		***Karate 7:30-9:45 pm		

YOGA/SPIN: Unlimited classes can be added to a gym membership for \$9 additional per month.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.. Free for Silver Sneakers or \$5/class drop-in.

*Little Tigers and Adult/Child Mix Taekwondo classes are sponsored by the Oriental Martial Arts College. For more information, contact 614-975-4567-or go to www.omacworld.com.

*** Karate: See Front Desk