



POWER SHACK FITNESS CENTER

2019 Classes

614-771-8873

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

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