

Aerobics & Cycling Schedule
3/31/2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Step/Sculpt Melanie Y	Bounce/Trampoline Melanie Y					
8:00	Cycle - Jessica	Yoga - Maureen	Cycle – Maureen	Yoga - Krystal	Yoga/Stretch Maureen	Cycle - Bob	Cycle - Jessica
9:00	Sculpt - Jessica	Drums - Linda Cycle - Jessica	Sculpt - Stephanie	Cycle - Angie Drums - Lori M	Cycle - Angie/Maureen Sculpt - Linda	Sculpt - Valerie	Sculpt - Jessica
10:00	Zumba - Linda Water- Sandy	Dance - Mallory	Zumba - Linda Water- Sandy	Dance - Mallory	Zumba - Ali Water- Sandy	Turbo - Debby	
11:30	Senior Sculpt Kirsten	Silver Sneakers Mary Ann	Senior Sculpt Linda	Silver Sneakers Georgiann	Chair Yoga Mary Ann		
4:30	Dance - Amy		Dance - Amy	Sculpt - Jessica			
5:30	Turbo - Debby Water - Debbie	Pilates - Lisa	Turbo - Debby Water - Debbie	20/20/20 - Valerie			
6:00	Cycle - Kenny		Cycle - Kenny				
7:00	Yoga - Kenny		Yoga - Kenny				

Monday – Thursday 5 a.m. – 9 p.m.
Friday 5 a.m. – 7:30 p.m.
Saturday & Sunday 7 a.m. – 6p.m.

1419 Boardman-Canfield Rd. | Suite 390 | Boardman,
Ohio 44512
P: 330-758-0667 | F: 330-726-5792
www.creekside-fitness.com

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