

Aerobics & Cycling Schedule
6/13/2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Step/Sculpt Melanie Y						
8:00	Cycle - Jessica	Yoga - Shannon	Cycle - Laura	Yoga – Shannon	Yoga/Stretch Laura	Cycle - Bob	
9:00	Sculpt - Jessica	Drums - Linda Cycle - Jessica	Sculpt - Laura	Cycle - Angie	Cycle -Angie/Beth Sculpt - Linda	Sculpt - Valerie	Sculpt - Jessica
10:00	Zumba - Linda Aqua - Sandy	*Starts 7/01 *Dance - Mallory Aqua –Joseph	Zumba - Linda Aqua - Sandy	*Starts 7/03 *Dance - Mallory Aqua –Joseph	Aqua - Sandy Zumba - Ali	Turbo - Debby	
11:30		Silver Sneakers Lori	Senior Sculpt Linda	Silver Sneakers Lori	Chair Yoga Mary Ann	Gentle Yoga Joseph	
4:30	Dance - Amy		Dance - Amy				
5:30	Turbo - Debby Aqua - Debbie	Pilates - Lisa	Turbo - Debby Aqua - Debbie	20/20/20 - Valerie	<div> 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 </div>		
6:00	Cycle - Kenny		Cycle - Kenny				
7:00	Yoga - Kenny		Yoga - Kenny				

*Members are expected to wipe down equipment before and after use