

# EUPHORIA

health / fitness

## group fitness schedule

register for classes online at [euphoriahealthandfitness.com/schedule](http://euphoriahealthandfitness.com/schedule)

see class descriptions at [www.euphoriahealthandfitness.com/group\\_fitness/descriptions.html](http://www.euphoriahealthandfitness.com/group_fitness/descriptions.html)

20445 Emerald Parkway  
Cleveland, Ohio 44135  
216-265-3689

### Monday

6:00 - 7:00 AM	Cycle with Jeff Cain
6:30 - 7:30 AM	P.U.M.P.E.D with Pamela Houston
5:30 - 6:30 PM	Zumba with Laura Mazucca
6:30 - 7:30 PM	Power of Panther Yoga with Michelle Star

### Tuesday

5:30 - 6:30 AM	Interval Intensity with Lori Moore
6:00 - 6:45 AM	Bootcamp with Laura Mazucca
11:30 - 12:00 PM	Lean Legs/Fab Abs in 30 minutes with Pamela Houston
12:00 - 12:30 PM	Pilates in 30 minutes with Pamela Houston
12:00 - 1:00 PM	Jewel of Isis Yoga with Michelle Star
12:30 - 1:00 PM	Kickbutt Kettlebell in 30 minutes with Pamela Houston
4:30 - 5:30 PM	Yoga for Everybody with Evin Bodell
6:00 - 7:00 PM	Kettlebell with Pamela Houston
7:00 - 8:00 PM	Cycle Strength with Kyle Amsdell

### Wednesday

6:00 - 7:00 AM	Cycle with Jeff Cain
6:00 - 7:00 AM	Flex / Stretch Bands w/ Marisa & Pieter
7:00 - 8:00 AM	Cycle Strength with Pamela Houston
9:30 - 10:30 AM	Buff & Tuff with Annie Hoover
5:30 - 6:30 PM	Zumba with Laura Mazucca
6:30 - 7:30 PM	Pedal Off the Pounds with Pam Houston

### Thursday

5:30 - 6:30 AM	Interval Intensity with Lori Moore
6:00 - 6:45 AM	Bootcamp with Pamela Houston
11:30 - 12:00 PM	Lean Legs/Fab Abs in 30 minutes with Pamela Houston
12:00 - 12:30 PM	Pilates in 30 minutes with Pamela Houston
12:30 - 1:00 PM	Pedal off the Pounds in 30 minutes with Pamela Houston
5:30 - 6:30 PM	Cycle with Lori Moore
6:30 - 7:30 PM	Turbo Kick with Jamie Glass

### Friday

6:00 - 6:45 AM	The MetriX with Laura Mazucca
6:30 - 7:30 AM	Yoga for Everybody with Evin Bodell
7:30 - 8:30 AM	Cycle with Jeffrey Cain
12:00 - 12:30 PM	Lean Legs/Fab Abs in 30 minutes with Pamela Houston

### Saturday

7:30 - 8:30 AM	Velvet Crowbar with Michelle Star
8:30 - 9:30 AM	Cycle with Jamie Glass
10:00 - 11:00 AM	Yoga for Everybody with Evin Bodell
11:15 - 12:15 PM	Zumba with Laura Mazucca
1:30 - 2:30 PM	The Ultimate Workout with Pam Houston