

THE

DOWN #203 SCHEDULE DEC 1-30

Class Descriptions & Info: www.themovementfactory.comMOVEMENT
FACTORY13000 ATHENS AVENUE SUITE 203
LAKEWOOD OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDINGALL classes are DROP-IN unless listed as *RSVP*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					7:15-8am POUND <i>RSVP</i> Shannon/Jessica	
					8-9am Booty Barre® <i>RSVP</i> Alyssa	
					9-9:50am Ladies Booty Camp Alyssa	10-10:45am POUND <i>RSVP</i> Jessica
		10:30-11:45am Modern Dance Megan			10-10:55am Vinyasa Yoga Jennifer	11am-12pm Barre Conditioning <i>RSVP</i> Danielle
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer	11am-11:55am ZUMBA® Bill	12-1pm ZUMBA® Alyssa
					12-1:15pm Contemporary Fusion Jenny	
4:30-5:30pm Basic Yoga <i>RSVP</i> Danielle	4:30-5:15pm Barre Circuit <i>RSVP</i> Charlotte	4:30-5:15pm Booty Barre® <i>RSVP</i> Jessica	4:30-5:25pm Booty Barre® <i>RSVP</i> Alyssa		1:15-2:30pm Jazz Fusion Alyssa/Anne/ Megan/Michelle	2:30-4:30pm Fundamentals of Swing Dancing <i>RSVP</i> Valerie Dec 7 Dec 14 Dec 21
	5:15-6pm ZUMBA® Charlotte	5:15-6pm Boot Camp Xpress <i>RSVP</i> Anne		5-6pm Booty Barre® Jessica		
5:30 - 6:30pm ZUMBA® Toning Marsha			5:30pm-6:30pm ZUMBA® Gail			
	6-6:50pm Ladies Booty Camp Andy	6-6:45pm POUND <i>RSVP</i> Jessica			2:30-3:15 POUND <i>RSVP</i> Shannon	
6:30 - 7:30pm ZUMBA® Bill			6:30-7:30pm BUTi® Yoga <i>RSVP</i> Shannon			
	7-7:55pm Barre Conditioning <i>RSVP</i> Danielle	7-8pm ZUMBA® Bill				
7:30-9pm Ballet Int/Adv Elaine			7:30 - 8:45pm Ballet All Levels Ann			
	8-9pm BUTi® Yoga Shannon	8-9pm Hip Hop All Levels Michelle			*AM & PM Personal training times available 7 days/week by appointment	*Instructors Subject to Change

Check website for modified hours on Xmas Eve, & New Years Eve
Closed on Dec 25 & Dec 26

Check website for weather closings

216.712.4622 | info@themovementfactory.com | Dec 1-30 2014

THE

UP # 303C SCHEDULE DEC 1-30

Class Descriptions & Info: www.themovementfactory.comMOVEMENT
FACTORY13000 ATHENS AVENUE SUITE 203
LAKEWOOD OH 44107
UPSTAIRS IN THE LAKE ERIE BUILDINGAll Pilates classes require *RSVP*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6-6:55am Reformer Shari		
			9-9:55am Reformer Lindsay		9am Springboard Shari -- 9am Reformer Lindsay	
	10-10:55am Springboard Katie		10-10:55am Springboard Alyssa		10-10:55am Reformer Lindsay -- 10-10:55am Springboard Shari	
					11am-11:55am Tower Shari	11-11:45am Springboard Alyssa
					12-12:55pm Springboards Shari	12-12:55pm Reformer Lindsay
		12:15-1:10pm Reformer Lindsay				1-1:55pm Reformer Lindsay
	4-4:55pm Reformer Lindsay					*AM & PM Pilates Privates & Duets available 7 days/week by appointment
4:30-5:25pm Reformer Katie						
5:30 - 6:25pm Mat Katie	5-5:55pm Mat Shari	5:15-6:10pm Reformer Shari	5:30 - 6:25pm Springboard Shari			
6:30 - 7:25pm Springboard Shari	6-6:55pm Tower Alyssa	6:15-7:10pm Springboard Shari	6:30-7:25pm Mat Shari	6-6:55pm Reformer Alyssa/Shari		
	7-7:55pm Springboard Alyssa			7-7:55pm Mat - Ball Class Alyssa/Shari		*Instructors Subject to Change
	8-8:55pm Reformer Lindsay	7:15-8:10pm Reformer Shari				