

THE

## DOWN #203 SCHEDULE NOV 1-DEC 1

Class Descriptions & Info: [www.themovementfactory.com](http://www.themovementfactory.com)MOVEMENT  
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
					8-9am Booty Barre® <i>RSVP</i> Alyssa	
					9-9:50am Ladies Booty Camp Alyssa	
					10-10:55am Vinyasa Yoga Jennifer	10-11am LaBlast Marc
		10:30-11:45am Modern Dance Megan			11am-11:55am ZUMBA® Bill	11am-12pm Barre Conditiong <i>RSVP</i> Danielle
12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer		12-1pm Vinyasa Yoga Jennifer	12-1:15pm Contemporary Fusion Jenny	12-1pm ZUMBA® Alyssa
					1:15-2:30pm Jazz Fusion Alyssa/Anne/ Megan/Michelle	1-1:45pm POUND <i>RSVP</i> Jessica
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		2:30-3:15pm POUND <i>RSVP</i> Shannon/Jessica	2:30-4:30pm & 5-7pm Fundamentals of Swing Dancing <i>RSVP</i> Valerie Nov 16th Nov 23rd
	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			
6:30 - 7:30pm ZUMBA® Bill	6-6:50pm Ladies Booty Camp Andy	6-6:45pm POUND <i>RSVP</i> Jessica	6:30-7:30pm BUTi® Yoga <i>RSVP</i> Shannon	6-6:50pm La Blast Marc		
	7-7:55pm Barre Conditioning <i>RSVP</i> Danielle	7-8pm ZUMBA® Bill		7-8:30pm Fun with Ballroom* All Levels		
7:30-9pm Ballet Int/Adv Elaine	8-9pm BUTi® Yoga Shannon	8-9pm Hip Hop All Levels London	7:30 - 8:45pm Ballet All Levels Ann	*3rd Friday only Nov 21, Dec 19 Marc	<b>*AM &amp; PM Personal training times available 7 days/week by appointment</b>	<b>*Instructors Subject to Change</b>

Check website for modified hours on Thanksgiving, Xmas Eve, & New Years Eve  
closed on Nov 28, Dec 25, Dec 26  
Check website for weather closings

216.712.4622 | [info@themovementfactory.com](mailto:info@themovementfactory.com) | Nov 1 - Dec 1 2014

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## UP # 303C SCHEDULE NOV 1-DEC 1

Class Descriptions & Info: [www.themovementfactory.com](http://www.themovementfactory.com)MOVEMENT  
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
		8am Springboards Shari		6-6:55am Reformer Shari		
	9-9:55am Equipment Combo Katie		9-9:55am Reformer Lindsay		9am Springboard TBA -- 9am Reformer TBA	
	10-10:55am Springboard Katie		10-10:55am Springboard Alyssa		10-10:55am Reformer TBA -- 10-10:55am Springboard TBA	
					11am-11:55am Tower TBA	11-11:45am Springboard Alyssa
		12:15-1:10pm Reformer Lindsay			12-12:55pm Springboards TBA	12-12:55pm Reformer Lindsay
						1-1:55pm Reformer Lindsay
	4-4:55pm Reformer Lindsay					<b>*AM &amp; PM Pilates Privates &amp; Duets available 7 days/week by appointment</b>
4:30-5:25pm Reformer Katie	5-5:55pm Mat Shari	5:15-6:10pm Reformer Shari	5:30 - 6:25pm Springboard Shari			
5:30 - 6:25pm Mat Katie	6-6:55pm Tower Alyssa	6:15-7:10pm Springboard Shari	6:30-7:25pm Mat Shari	6-6:55pm Reformer Alyssa/Shari		
6:30 - 7:25pm Springboard Shari	7-7:55pm Springboard Alyssa	7:15-8:10pm Reformer Shari		7-7:55pm Mat - Ball Class Alyssa/Shari		
	8-8:55pm Reformer Lindsay					<b>*Instructors Subject to Change</b>