

THE

DOWN #203 FALL SCHEDULE OCTOBER 1-OCTOBER 31

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
					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
		10:15-11:45am Modern Dance Megan			11am-11:55am ZUMBA® Bill	11am-12pm Booty Barre® or Barre Conditioning <i>RSVP</i> Jessica/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	
			4:30-5:20pm Booty Barre® <i>RSVP</i> Alyssa			
	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® Bill			5:30pm-6:30pm ZUMBA® Gail			
	6-6:50pm Ladies Booty Camp Andy	6-7pm Booty Barre® <i>RSVP</i> Jessica		6-6:50pm La Blast Marc		*AM & PM Personal training times available 7 days/week by appointment
6:30 - 7:30pm ZUMBA® Toning Marsha			6:30-7:15pm Boot Camp Xpress <i>RSVP</i> Alyssa			
	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			7:30 - 8:45pm Ballet All Levels Ann	*3rd Friday only 10/17 Marc		*Instructors Subject to Change
	8:15-9pm Basic Yoga Danielle	8-9pm Hip Hop All Levels London				

216.712.4622 | info@themovementfactory.com | October 1 - October 31 2014

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UP # 303C FALL SCHEDULE OCT 1-OCT 31

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