

LIVESTREAM SCHEDULE

H.I.I.T. W/ CAROLINE (MONDAYS, 5:30 PM)

CARDIO & CONDITIONING W/ JAN (TUESDAYS, 5:30 PM)

CARDIO & CONDITIONING W/ JAN (WEDNESDAYS, 9:15 AM)

SENIOR FIT W/ JAN (WEDNESDAYS, 10:45 AM)

YOGA W/ BETH (THURSDAYS, 10:10 AM)

CARDIO & CONDITIONING W/ JAN (FRIDAYS, 9:15 AM)

WESTERN RESERVE RACQUET & FITNESS CLUB

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