

fitness nutrition wellness



THE FITNESS SHACK

fitness SCHEDULE

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www.fitnesssylvania.com

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00 AM	Hot Vinyasa 1 hour <i>Michelle Zydorczyk</i>	6:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	7:00 AM	Circuit Training 1 hour <i>David Faulkner</i>		
7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Road Warrior 1 hour <i>Scott Pillarelli</i>	8:15 AM	Row HIIT 1 hour <i>David Faulkner</i>
8:00 AM	Road Warrior 45 min. <i>Tracey Wheeler</i>	8:15 AM	Total Body Sculpt 45 min. <i>Kim Ellis</i>	8:00 AM	Road Warrior 1 hour <i>Hollie Mounjie</i>	8:00 AM	Total Body Sculpt 45 min. <i>Joy McKarus</i>	8:00 AM	Road Warrior 1 hour <i>Tracey Wheeler</i>	8:30 AM	Shack Attack 1 hour <i>Andy Sprenger</i>	9:15 AM	Restorative Row unlimited time <i>No Instructor</i>
8:50 AM	Total Body Sculpt 1 hour <i>Tracey Wheeler</i>	9:30 AM	Hot Vinyasa 1 hour <i>Katya Seymour</i>	9:30 AM	Vinyasa Yoga 1 hour <i>Sasha Wilson</i>	10:00 AM	Open Gym until 12:00 PM	9:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	9:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	11:00 AM	Breaking Down Buti 1 hour <i>Renee Mason</i>
		10:30 AM	Open Gym until 12:00 PM	12:00 PM	Restorative Row 1 Hour <i>David Faulkner</i>	12:00 PM	Root Inc.	12:00 PM	Restorative Row 1 Hour <i>David Faulkner</i>	9:30 PM	Buti SCULPT 25 min. <i>Michelle Zydorczyk</i>	3:30 PM	Rtorative Row unlimited time <i>No Instructor</i>
12:00 PM	Restorative Row 1 hour <i>David Faulkner</i>	12:00 PM	Root Inc.	2:00 PM	Open Gym until 4:00 PM	1:00 PM	Row HIIT 1 hour <i>David Faulkner</i>	2:00 PM	Open Gym until 4:00 PM	10:00 AM	DEEP 1 hour 15 min <i>Katya Seymour</i>		
2:00 PM	Open Gym until 4:00 PM	1:00 PM	Row HITT 1 hour <i>David Faulkner</i>			5:00 PM	Row Strength 30 min. <i>David Faulkner</i>			11:30 AM	Buti Yoga 1 hour <i>Negarina Cooper</i>		
4:00 PM	Row HIIT 1 hour <i>David Faulkner</i>	5:00 PM	Row Strength 30 min. <i>David Faulkner</i>	5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>	5:30 PM	Row SCULPT 1 hour <i>David Faulkner</i>	4:30 PM	Road Warrior 1 hour <i>Scott Pillarelli</i>				
5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>	5:30 PM	Row HIIT 1 hour <i>David Faulkner</i>	5:00 PM	Road Warrior 1 hour <i>Scott Pillarelli</i>	5:30 PM	Buti Yoga 1 hour <i>Michelle Zydorczyk</i>	5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>				
5:30 PM	Hot Road Warrior 1 hour <i>Scott Pillarelli</i>	6:00 PM	Buti SCULPT 25 min. <i>Katya Seymour</i>	6:00 PM	Buti Yoga 1 hour <i>Katya Seymour</i>	6:30 PM	Total Body Sculpt 1 hour <i>Renée Mason</i>	5:30 PM	Buti Yoga 1 hour <i>Michelle Zydorczyk</i>				
5:30 PM	Buti Yoga 1 hour <i>Negarina Cooper</i>	6:30 PM	DEEP 1 hour 15 min <i>Katya Seymour</i>	7:15 PM	Restorative Row 1 hour <i>David Faulkner</i>	7:00 PM	Vinyasa Yoga 1 hour <i>Negarina Cooper</i>						
6:30 PM	Gentle Yoga 1 hour <i>Sasha Wilson</i>	7:45 PM	Shack Attack 1 hour <i>Andy Sprenger</i>			7:45 PM	Shack Attack 1 hour <i>Andy Sprenger</i>						
7:30 PM	Hot Buti 1 hour <i>Sasha Wilson</i>												

ALIGN YOUR MIND, BODY, AND SOUL UNDER ONE ROOF. THE FITNESS SHACK WILL PARTNER WITH YOU IN ACHIEVING OPTIMAL FITNESS THROUGH PROVEN STRATEGIES OF FITNESS TRAINING, NUTRITIONAL CHOICES AND POSITIVE REINFORCEMENT.

Classes

Drop-in \$12.00

Five Classes \$50.00

Ten Classes \$85.00

Twenty-Five Classes \$175.00
classes good one year from purchase

One Month Unlimited \$110.00
Three Month Unlimited \$250.00

Sign up for classes with

Powered by
MINDBODY.

Please register for all rowing and cycling classes as we have limited space. There is a two window for cancellation for these classes.