



## Iron Koi Fitness Classes

*Be Strong. Be Healthy. Be Determined.*

**Monday** 4:30 PM to 5:15 PM optional 5:30 PM

**Tuesday** 9:30 AM to 10:15 AM

10:30 AM to 11:15 AM

11:30 AM to 12:15 PM

**Wednesday** 4:30 PM to 5:15 PM optional 5:30 PM

**Thursday** 9:30 AM to 10:15 AM

10:30 AM to 11:15 AM

11:30 AM to 12:15 PM

**Friday** 10:30 AM to 11:15 AM

**CALL (216) 283-3000 ext 234 to PRE-REGISTER**