

# REZIST

## NATIONAL CLASS SCHEDULE

### NEW YORK

#### RETRO FITNESS

1 NY Plaza • New York, NY 10004

646.741.1768

<http://retrofitness.com/location/onenewyorkplaza/>

**MONDAY: 6:25PM / 7:15PM**

**WEDNESDAY: 6:25PM / 7:15PM**

#### POWER STUDIOS

920 3rd Avenue, 6th floor • New York, NY 10022

212.627.5852

<http://www.powerstudios.nyc>

**FRIDAY: 6:30PM**

#### COMPLETE BODY

10 Hanover Square • New York, NY 10004

212.777.7702

<https://www.completebody.com>

**TUESDAY: 6:30PM**

#### SETAI CLUB

40 Broad Street • New York, NY 10004

212.792.6193

<http://www.setaiclubnewyork.com/the-spa/>

**FRIDAY: 9:00AM**

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### NEW YORK

#### W FITNESS

65-75 Woodhaven Boulevard • Queens, NY 11374

718.459.3248

<http://www.wfitnessgymofqueens.com>

**THURSDAY: 7:05PM**

### CONNECTICUT

#### BODI N MOTION

2351 Boston Post Road • Guilford, CT 06437

203.435.8303

<http://www.bodinmotion.com>

**CALL FOR SCHEDULE**

### RHODE ISLAND

#### MAXX FITNESS CLUBZZ

622 George Washington Highway • Lincoln, RI 02865

401.334.4500

<http://maxxfitnessclubzz.com/location/maxx-fitness-lincoln-ri/>

**WEDNESDAY: 6:30PM**

**THURSDAY: 11:00AM**

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### P E N N S Y L V A N I A

#### MAXX FITNESS CLUBZZ

Saucon Valley Square  
3691 Route 378 • Bethlehem, PA 18015  
610.625.2001  
<http://maxxfitnessclubzz.com/location/maxx-fitness-sv-pa/>

**THURSDAY: 10:00AM**

#### MAXX FITNESS CLUBZZ

2920 Easton Avenue • Bethlehem, PA. 18020  
610.265.2323  
<http://maxxfitnessclubzz.com/location/maxx-fitness-bethlehem-pa/>

**WEDNESDAY: 9:00AM**

#### MAXX FITNESS CLUBZZ

1654 South 4th Street • Allentown, PA. 18103  
484.221.9972  
<http://maxxfitnessclubzz.com/location/maxx-fitness-allentown-pa/>

**FRIDAY: 10:00AM**

### M Y R T L E B E A C H N O R T H C A R O L I N A

#### COMING SOON

Check for updates at: <http://canyourezist.com>

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## NATIONAL CLASS SCHEDULE

### OHIO

#### JAGUAR METCON STUDIO

7991 Hills and Dales NW • Massillon, OH  
330.904.0718  
<https://www.facebook.com/jaguarmetcon/>

**MONDAY: 4:45PM**

**TUESDAY: 5:30AM / 9:30AM / 5:30PM**

**WEDNESDAY: 4:45PM (G&A)**

**THURSDAY: 5:30AM / 9:30AM / 5:30PM**

**FRIDAY: 5:30PM**

**SATURDAY: 8:30AM / 9:15AM**

#### STUDIO REZIST

4341 Cleveland Avenue NW • Canton, OH  
330.904.0718  
<https://www.facebook.com/reziststudiofitness/>

**MONDAY: 9:30AM & 5:30PM (G&A)**

**TUESDAY: 5:30PM**

**WEDNESDAY: 9:30AM / 5:30PM / 6:15 (INTRO)**

**THURSDAY: 5:30PM**

**FRIDAY: 9:30AM / 5:30PM**

**SATURDAY: 9:00AM**