



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

Fitness Hotline
(734) 971-6355 x5

WINTER INTERIM 3/24/19-3/30

Sunday 24 Ext. 757	Monday 25 Ext. 751	Tuesday 26 Ext. 752	Wednesday 27 Ext. 753	Thursday 28 Ext. 754	Friday 29 Ext. 755	Saturday 30 Ext. 756
	6:45 (75 min) Fitness Pilates Gus	6:45 (75 min) Advanced Step Deb	6:10 Boot Camp Molly	6:45 (75 min) Advanced Step Deb	6:15 Studio Cycling Molly	
	8:15 (45 min) Step it Up! Suzanne	8:30 Basic Sculpt & Cond Mayra	8:15 (45 min) Step it Up! Suzanne	8:30 Basic Sculpt & Cond Mallory/Mayra		8:05 Advanced Step Deb
		9:00 Water Aerobics Amy		9:00 Water Aerobics Amy	9:00 Water Aerobics Mayra	
	9:15 Basic Aerobics Mayra	9:40 Dance & Tone Ramona	9:15 Tai Chi for Fall Prevention Darryl	9:40 Aerobic Interval Mallory/Mayra		
	10:30 Matwork Pilates Wendy	10:00 Water Aerobics Amy	10:30 Matwork Pilates Wendy	10:00 Water Aerobics Amy	10:25 Zumba Gold Jayne	
	11:45 PiYo Wendy	10:50 Stretch & Strengthen Karyn		10:50 Stretch & Strengthen Karyn		11:45 Beginning Pilates Doris
12:10 Zumba Toning Jayne		12:05 Studio Cycling Mallory				
						2:00-5:00 Ping Pong
4:10 Youth TKD BC Yu	4:15 Zumba Step Jayne	4:00 PiYo Lisa T	4:10 Youth TKD BC Yu		4:00 Step Interval Ramona	
	5:30 Stretch & Strengthen Karyn	5:35 Aerobics & Strength Lisa T		5:15 Balanced Yoga Wendy	5:20 Yoga Lisa T	
	6:00 Water Aerobics Deb				6:30 Zumba Fitness Jayne	
7:30-9:15 Ping Pong	6:40 Zumba Fitness Mallory	6:40 Tai Chi Karla	6:40 Zumba Toning Jayne			
		7:45 Adult TKD BC Yu	7:45-9:15 Ping Pong	7:45 Adult TKD BC Yu	7:45-9:15 Ping Pong	



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