



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

SPRING TERM 4/5/21 - 6/12/21

Fitness Hotline
(734) 971-6355 x5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45 Vinyasa Yoga Sydni		7:45 Vinyasa Yoga Sydni			
		8:00 Pilates Plus Suzanne		8:30 Basic Sculpt & Cond Mayra		
	9:00 Basic Aerobics Mayra	9:30 Qigong/Easy Tai Chi Karla	9:00 Basic Aerobics Mayra	9:35 Zumba Fitness Mayra	9:00 Basic Aerobics Sue	9:30 Chair Yoga Sydni
	10:05 Aerobic Interval Mayra		10:05 Aerobic Interval - Intense! Mayra		10:30 Zumba Gold Jayne	
	11:15 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	11:15 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	11:45 PiYo Wendy	11:00 Zumba Fitness Jayne
12:45 Pilates & Aerobics Lisa						12:15 Stretch & Strengthen Karyn
	5:30 PiYo Pen Pen	5:30 Aerobics & Strength Lisa T		5:30 Balanced Yoga Pen Pen	5:30 Hatha Yoga Lisa T	
	6:40 Zumba Fitness Yuying		6:00 Zumba Fitness Jayne		6:40 Dance Fitness Yuying	



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