



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

FALL I: 9/12/21 - 10/30/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45 Step it Up! Suzanne					
		8:30 (45 min) Strength Circuit Lisa P.				
	9:00 Basic Aerobics Mayra		9:00 Basic Aerobics Mayra	9:30 Aerobic Interval Training Ramona	9:00 Basic Aerobics Mayra	
	10:15 Water Aerobics Mayra	11:00 Tai Chi for Health and Darryl	10:15 Water Aerobics Mayra		10:15 Water Aerobics Mayra	
11:30 Zumba Toning Jayne	10:30 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	10:30 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	10:30 Zumba Gold Jayne	11:00 Zumba Fitness Jayne
						12:15 Stretch & Strengthen Karyn
		5:30 Aerobics & Strength Lisa T.	5:00 Cardio & Core Ramona	5:30 Balanced Yoga Pen Pen	5:30 Yin Yoga Lisa T.	
	6:00 Water Aerobics Deb		6:00 Water Aerobics Deb			
			6:00 Zumba Fitness Jayne			
	6:40 Zumba Fitness Yuying	6:40 Zumba Fitness Jing			6:40 Dance Fitness Yuying	
		Outdoor Class	In Person Class	Virtual Class		