



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

Spring II: 4/24/22 - 6/11/22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30 (45 mintues) Strength Circuit Colleen				
	9:00 Basic Aerobics Mayra	9:30 Tai Chi for Health and Balance Darryl	9:00 Global Fitness Mayra	9:00 Basic Aerobics Marya	9:00 Basic Aerobics Mayra	
				10:00 Beginning Tai Chi Lisa T.		
	10:15 Water Aerobics Mayra	10:15 Water Aerobics Colleen	10:15 Water Aerobics Mayra	10:15 Water Aerobics Colleen	10:15 Water Aerobics Mayra	
	10:30 Matwork Pilates Wendy		10:30 Matwork Pilates Wendy		10:30 Zumba Gold Jayne	
11:00 Zumba Toning Jayne		11:00 Stretch & Strengthen Karyn		11:00 Stretch & Strengthen Karyn		11:00 Zumba Fitness Jayne
						12:15 Stretch & Strengthen Karyn
	5:30 Cardio & Core Ramona	5:30 Aerobics & Strength Lisa T.		5:30 Aerobic Interval Ramona	5:30 Yin Yoga Lisa T.	
	6:00 Water Aerobics Deb		6:00 Water Aerobics Deb			
	6:00 Zumba Fitness Yuying		6:00 Zumba Fitness Jayne			
					6:40 Zumba and Strengthen Yuying	
	In Person Class	Outdoor Class	Virtual Class	In person with Zoom option		



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:30 (45 minutes) Strength Circuit 33320-C				
	9:00 Basic Aerobics 33210-D	9:30 Tai Chi for Health and Balance 33510-C	9:00 Global Fitness 33100-C	9:00 Basic Aerobics 33210-E	9:00 Basic Aerobics 33210-F	
				10:00 Beginning Tai Chi 33510-D		
	10:15 Water Aerobics 32000-F	10:15 Water Aerobics 32000-M	10:15 Water Aerobics 32000-H	10:15 Water Aerobics 32000-N	10:15 Water Aerobics 32000-J	
	10:30 Matwork Pilates 33440-C		10:30 Matwork Pilates 33440-D		10:30 Zumba Gold 33120-C	
11:00 Zumba Toning 33130-B		11:00 Stretch & Strengthen 33480-D		11:00 Stretch & Strengthen 33480-E		11:00 Zumba Fitness 33110-G
						12:15 Stretch & Strengthen 33480-F
	5:30 Cardio & Core 33310-A	5:30 Aerobics & Strength 33330-B		5:30 Aerobic Interval 33200-B	5:30 Yin Yoga 33490-C	
	6:00 Water Aerobics 32000-G		6:00 Water Aerobics 32000-I			
	6:00 Zumba Fitness 33110-E		6:00 Zumba Fitness 33110-F			
					6:40 Zumba and Strengthen 33110-H	
	In Person Class	Outdoor Class	Virtual Class	In person with Zoom option		