



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

Summer 2023: June 18 - August 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 8:30 Ping Pong	7:00 (75 mins) Step & Strength Joanne	6 - 7:45 Ping Pong	6 - 8:30 Ping Pong	6 - 8:30 Ping Pong	
		8:30 (45 mins) Strength & Balance Colleen				8:05 (75 mins) Step & Strength Joanne
	9:00 Basic Aerobics Mayra	9:50 Tai Chi Lisa T.	9:00 Global Fitness Mayra	9:00 Basic Aerobics Marya	9:00 Basic Aerobics Mayra	
				9:30 Fitness Trail Workout Lisa P.		
	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 Pilates Wendy		10:30 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
12:30 - 3:30 Ping Pong		4:15 Zumba Step Jayne				12:15 Stretch & Strengthen Karyn
		5:30 Aerobics & Strength Lisa T.		5:30 Yoga for All Levels 33490-C	5:30 Yin Yoga Lisa T.	1:15 Intermediate Judo
	6:00 Water Aerobics Deb		6:00 Water Aerobics Deb			
	6:00 Zumba Fitness Yuying	6:30 Judo	6:00 Zumba Fitness Jayne			
				6:40 - 8:00 Ping Pong	6:40 Power Flow Yuying	
	In Person Class	Outdoor Class	Virtual Class	In person with Zoom option		