



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

WINTER TERM 1/6/19-3/23/19

Fitness Hotline
(734) 971-6355 x5

Sunday Ext. 757	Monday Ext. 751	Tuesday Ext. 752	Wednesday Ext. 753	Thursday Ext. 754	Friday Ext. 755	Saturday Ext. 756
	6:45 (75 min) Fitness Pilates Joanne	6:45 (75 min) Advanced Step Joanne	6:10 Boot Camp Molly	6:45 (75 min) Advanced Step Joanne	6:15 Studio Cycling Molly	
	8:15 (45 min) Step it Up! Suzanne	8:30 Basic Sculpt & Cond Sue	8:15 (45 min) Step it Up! Suzanne	8:30 Basic Sculpt & Cond Mallory/Mayra		8:05 Advanced Step Joanne
	9:00 Water Aerobics Ted/Geetha	9:00 Water Aerobics Amy	9:00 Water Aerobics Ted/Geetha	9:00 Water Aerobics Amy	9:00 Water Aerobics Mayra	9:00 Water Aerobics Laura
	9:15 Basic Aerobics Jane	9:40 Dance & Tone Ramona	9:15 Tai Chi for Fall Prevention Darryl	9:40 Aerobic Interval Mallory/Mayra	9:10 Basic Aerobics Sue	9:20 Sculpt & Condition Sue
	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	10:35 Mind & Movement Wanpen
	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 Wanpen	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 Wanpen	5:20 Yoga Lisa T	
	6:00 Water Aerobics Deb		6:00 Water Aerobics Cathy		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 Commando Krav Maga Art/James	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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