



# Group Fitness Schedule

Meri Lou Murray  
Recreation Center  
2960 Washtenaw Ave  
(734) 971-6355

Fall Term September 27 - December 19

Sunday Ext. 757	Monday Ext. 751	Tuesday Ext. 752	Wednesday Ext. 753	Thursday Ext. 754	Friday Ext. 755	Saturday Ext. 756
	6:45am (75 min) <b>Fitness Pilates</b> Joanne	6:30am (75 min) <b>Advanced Step</b> Joanne		6:30am (75 min) <b>Advanced Step</b> Joanne		
	8:15am (45 min) <b>Basic Step</b> Sue	8:30am <b>Basic Sculpt &amp; Cond</b> Sue	8:15am (45 min) <b>Basic Step</b> Sue	8:30am <b>Basic Sculpt &amp; Cond</b> Sue	8:00am <b>Intermediate Step</b> Ramona	8:05am <b>Advanced Step</b> Joanne
	9:00am <b>Water Aerobics</b> Laura	9:00am <b>Water Aerobics</b> Amy	9:00am <b>Water Aerobics</b> Laura	9:00am <b>Water Aerobics</b> Amy	9:00am <b>Water Aerobics</b> Laura	9:00am <b>Water Aerobics</b> Gail
	9:15am <b>Basic Aerobics</b> Sue	9:35am <b>Step Interval</b> Marie	9:15am <b>Zumba</b> Sue	9:35am <b>Step Interval</b> Marie	9:15am <b>Basic Aerobics</b> Sue	9:15am <b>Sculpt &amp; Condition</b> Sue
	10:30am <b>Matwork Pilates</b> Wendy	10:00am <b>Water Aerobics</b> Amy	10:30am <b>Matwork Pilates</b> Wendy	10:00am <b>Water Aerobics</b> Amy		10:30am <b>Zumba</b> Sue
		10:45am <b>Senior Stretch Fit</b> Marie		10:45am <b>Senior Stretch Fit</b> Marie		11:45am (75 min) <b>Matwork Pilates</b> Lisa Z.
12:30pm <b>Zumba</b> Doris	12:15pm <b>Just Exhale</b> Wendy	12:15pm <b>Sculpt &amp; Condition</b> Laura		12:15pm <b>Sculpt &amp; Condition</b> Karyn	12:15pm <b>Just Exhale</b> Laura	
2:00pm <b>Super Sunday</b> Debbie/Diane						
3:30pm <b>Matwork Pilates</b> Lisa T.						3:00pm <b>Tai Chi</b> Sang/Joseph/Mike
	4:30pm <b>Cardio Kickboxing</b> Ramona	4:30pm <b>Advanced Step</b> Janna		4:30pm <b>Advanced Step</b> Janna	4:50pm <b>Zumba</b> Christina	
	5:30pm <b>Power Sculpt</b> Janna	5:35pm <b>Balanced Yoga</b> Claudia	5:30pm <b>Power Sculpt</b> Janna			
	6:00pm <b>Water Aerobics</b> Pam		6:00pm <b>Water Aerobics</b> Gail			
	6:40pm (75 min) <b>Turbo Kick</b> Debbie	6:40pm <b>Tai Chi</b> Karla	6:40pm <b>Wild Wednesday</b> Diane	6:40pm <b>PiYo</b> Chris	7:15pm <b>Ballroom Dancing</b> Joe	
		7:45pm <b>Tae Kwon Do</b> B.C. Yu	7:40pm <b>Aerobic Strength Trng</b> Lisa T.	7:45pm <b>Tae Kwon Do</b> B.C. Yu		

