Group Fitness Schedule

Summer June 22 - September 20 2014

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave
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 mins) **Finess Pilates** Joanne	6:45 (75 min) **Advanced Step** Joanne	6:10 AM **Boot Camp** Molly	6:45 (75 min) **Advanced Step** Joanne	6:15 **Studio Cycling** Molly	
	8:15 (45 min) **Basic Step** Taylor	8:30 **Basic Sculpt & Cond** Sue	8:15 (45 min) **Basic Step** Sue	8:30 **Basic Sculpt & Cond** Marie		8:05 **Advanced Step** JoAnne
	9:00 **Water Aerobics** Geetha	9:00 **Water Aerobics** Amy	9:00 **Water Aerobics** Geetha	9:00 **Water Aerobics** Amy	9:00 **Water Aerobics** Geetha	9:00 **Water Aerobics** Pam
	9:15 **Basic Aerobics** Sue	9:40 **Zumba** Shaunel	9:15 **Zumba Fitness** Sue	9:40 **Aerobic Interval** Marie	9:15 **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	10:20 **Zumba Gold** Jayne	10:35 **Zumba Fitness** Sue
	11:45 **PiYo** Wendy	10:50 **Stretch & Strengthen** Karyn		10:50 **Stretch &Strengthen** Karyn	11:30 **Studio Cycling** Lori	
			11:55 - 1:30 **Pittsfield Twp** **Children's Class**			
						2:00 - 4:00 **Ann Arbor** Table Tennis
4:15 **Youth Tae Kwon Do** B.C. Yu			4:15 **Youth Tae Kwon Do** B.C. Yu		4:00 **Step Interval** Ramona	
	5:30 **Zumba Toning** Jayne	5:35 **AST** Lisa T.	5:30 **Zumba Toning** Jayne	5:35 **Balanced Yoga** TBA / Claudia		
	6:00 **Water Aerobics** Laura		6:00 **Water Aerobics** Pam		6:15 **Zumba Fitness** Christina	
	6:40 **Matwork Pilates** Lisa Z.	6:40 **Tai Chi** Karla		6:40 **PiYo** Chris		
		7:45 **Adult Tae Kwon Do** B.C. Yu		7:45 **Adult Tae Kwon Do** B.C. Yu		

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