



# Group Fitness Schedule

Meri Lou Murray  
Recreation Center  
2960 Washtenaw Ave  
Fitness Hotline  
(734) 971-6355 x5

Spring Term April 1 - June 16, 2012

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	6:10 AM <b>Boot Camp</b> Molly	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		8:05am <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	9:40am <b>Step &amp; Condition</b> Ramona	9:15am <b>Zumba</b> Sue	9:40am <b>Step Interval</b> Ramona	9:15am <b>Basic Aerobics</b> Sue	9:20am <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		10:35am <b>Zumba</b> Sue
		10:50am <b>Senior Stretch Fit</b> Laura		10:50am <b>Senior Stretch Fit</b> Heaven	11:00am <b>Just Exhale</b> Laura	11:45am (75 min) <b>Matwork Pilates</b> Lisa Z.
	12:15pm <b>Just Exhale</b> Wendy		11:55 - 12:40 <b>Pittsfield Twp Children's Class</b>			
1:30pm <b>Super Sunday Certain Dates Only</b>					1:30 - 2:15 <b>Pittsfield Twp Children's Class</b>	
3:00pm <b>Matwork Pilates</b> Lisa T.						
4:15pm <b>Youth Tae Kwon Do</b> B.C. Yu			4:15pm <b>Youth Tae Kwon Do</b> B.C. Yu			
5:30pm (75min) <b>Zumba + Kick</b> Ramona	5:30pm <b>Zumba Toning</b> Jayne	5:35pm <b>AST</b> Lisa T.	5:30pm <b>Zumba</b> Lynda	5:35pm <b>Balanced Yoga</b> Claudia		
	6:00pm <b>Water Aerobics</b> Susan		6:00pm <b>Water Aerobics</b> Gail		6:00pm <b>Zumba</b> Christina	
7:00pm <b>Ballroom Dance</b> Beginners	6:40pm (75 min) <b>Turbo Kick</b> Debbie	6:40pm <b>Tai Chi</b> Karla		6:40pm <b>PiYo</b> Chris	7:15pm <b>Line Dancing</b> Susanne	
8:00pm <b>Ballroom Dance</b> Intermediates		7:45pm <b>Adult Tae Kwon Do</b> B.C. Yu		7:45pm <b>Adult Tae Kwon Do</b> B.C. Yu	8:15 - 9:45pm <b>Open Dance</b>	



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