



Group Fitness Schedule

Meri Lou Murray
Recreation Center
2960 Washtenaw Ave

Winter: 1/3/22 - 2/26/22 - Draft

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45 Step it Up! Suzanne					
		8:30 (45 mins) Full Body Circuit Lisa P.				
	9:00 Basic Aerobics Mayra	9:30 Tai Chi for Health and Balance Darryl	9:00 Global Fitness Mayra	9:00 Basic Aerobics Marya	9:00 Basic Aerobics Mayra	9:00 Exercise for Osteoporosis Inge
	10:15 Water Aerobics Mayra		10:15 Water Aerobics Mayra		10:15 Water Aerobics Mayra	
11:30 Zumba Toning Jayne	10:30 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	10:30 Matwork Pilates Wendy	11:00 Stretch & Strengthen Karyn	10:30 Zumba Gold Jayne	11:00 Zumba Fitness Jayne
					11:45 PiYo Wendy	12:15 Stretch & Strengthen Karyn
	5:30 Cardio & Core Ramona	5:30 Aerobics & Strength Lisa T.		5:30 Aerobic Interval Ramona	5:30 Yin Yoga Lisa T.	
	6:00 Water Aerobics Deb		6:00 Water Aerobics Deb			
			6:00 Zumba Fitness Jayne			
	6:40 Zumba Fitness Yuying	6:40 Beginning Tai Chi Lisa T.			6:40 Zumba and Strengthen Yuying	
		In Person Class	Virtual Class			In person with Zoom option