



# Group Fitness Schedule

Meri Lou Murray  
Recreation Center  
2960 Washtenaw Ave

**Fall I: September 6 - October 29**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 8:30 Ping Pong			6 - 8:30 Ping Pong	6 - 8:30 Ping Pong	
		8:30 (45 mins) Strength & Balance 13320-A	8:00 Tai Chi for Health and Balance 13510-A			8:05 (70 mins) Step II 13240-A
9:30 Studio Cycling 13600-A	9:00 Basic Aerobics 13210-A		9:00 Global Fitness 13100-A	9:00 Basic Aerobics 13210-B	9:00 Basic Aerobics 13210-C	9:30 Specialty Yoga Workshops
		10:00 Nordic Walking (October) 13750-A		10:00 Tai Chi 13510-B		
	10:15 Water Aerobics 12000-A	10:15 Water Aerobics 12000-F	10:15 Water Aerobics 12000-C	10:15 Water Aerobics 12000-G	10:15 Water Aerobics 12000-E	
	10:30 Matwork Pilates 13440-A		10:30 Matwork Pilates 13440-B		10:30 Zumba Gold 13120-A	
11:00 Zumba Toning 13130-A		11:00 Stretch & Strengthen 13480-A		11:00 Stretch & Strengthen 13480-B		11:00 Zumba Fitness 13110-C
						12:15 Stretch & Strengthen 13480-C
12:30 - 3:30 Ping Pong		5:30 Aerobics & Strength 13330-A			5:30 Yin Yoga 13490-A	12:30 - 5:30 Ping Pong
	6:00 Water Aerobics 12000-B		6:00 Water Aerobics 12000-D	4 - 7:30 Ping Pong		
	6:00 Zumba Fitness 13110-A		6:00 Zumba Fitness 13110-B			
		6:40 Intro to Foam Rolling 13160-A			6:40 Zumba and Strengthen 13110-D	
	In Person Class	Outdoor Class	Virtual Class	In person with Zoom option		