



# Group Fitness Schedule

**Winter 2023: January 8 - February 25**

Meri Lou Murray  
Recreation Center  
2960 Washtenaw Ave

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 8:30 Ping Pong		6 - 7:45 Ping Pong	6 - 8:30 Ping Pong	6 - 8:30 Ping Pong	
		7:00 (75 mins) Step & Strength Joanne				
		8:30 (45 mins) Strength & Balance Colleen	8:00 Tai Chi for Health and Balance Darryl			8:05 (75 mins) Step & Strength Joanne
	9:00 Basic Aerobics Mayra		9:00 Global Fitness Mayra	9:00 Basic Aerobics Marya	9:00 Basic Aerobics Mayra	9:30 Yoga for All Levels Brittany
		9:50 Tai Chi Lisa T.				
	10:15 Water Aerobics Mayra	10:15 Water Aerobics Colleen	10:15 Water Aerobics Mayra	10:15 Water Aerobics Colleen	10:15 Water Aerobics Mayra	
	10:30 Matwork Pilates Wendy		10:30 Matwork Pilates Wendy		10:30 Zumba Gold Jayne	
11:00 Zumba Toning Jayne		11:00 Stretch & Strengthen Karyn		11:00 Stretch & Strengthen Karyn		11:00 Zumba Fitness Jayne
12:30 - 3:30 Ping Pong						12:15 Stretch & Strengthen Karyn
		4:15 Zumba Step Jayne				12:15 Beginner/Intermediate Judo
	5:00 (45 mins) Cardio Drumming Maydis	5:30 Aerobics & Strength Lisa T.			5:30 Yin Yoga Lisa T.	
	6:00 Water Aerobics Deb		6:00 Water Aerobics Deb	4 - 7:30 Ping Pong		2 - 5:30 Ping Pong
	6:00 Zumba Fitness Yuying	6:30 Intermediate/Advanced Judo	6:00 Zumba Fitness Jayne			
					6:40 Zumba and Strengthen Yuying	
	In Person Class	Outdoor Class	Virtual Class		In person with Zoom option	