OUTDOOR Group Training Aug 3 - 9, 2020

		*:	**PARKING LOT*	**		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WONDAT	TUESDAT	WEDNESDAT	THURSDAT	FRIDAT	SATURDAT	SUNDAT
	7:45-8:45am	8:30-9:30am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:30-9:30AM
	CLIMB Class Limit: 20	CYCLE Class Limit: 12	Athletic Conditioning Class Limit: 12	H.I.I.T. Class Limit: 12	CYCLE Class Limit: 12	Cycle Class Limit: 12
	BRIAN	TIFFANY	KTP	KTP	KTP	TIFFANY
9:15-10:00am	Ditint				10:00-10:45am	
Pilates Interval Training					ZUMBA	
Class Limit: 20					Class Limit: 20	
CLARE		10:15-11:15am			ERIN	
		BARRE Fitness				
		Class Limit: 20				
		EMILY B				
5:45-6:30pm	5 45 0 45		5 00 0 00	5 00 5 45		
5:45-6:30pm ZUMBA	5:45-6:45pm CYCLE		5:30-6:30pm Strength & Sculpt	5:00-5:45pm Pilates Interval Training		
Class Limit: 20	Class Limit: 12		Class Limit: 12	Class Limit: 20		
KRISTEN	HILARY		KTP	RETURNS NEXT WEEK		
6:45-7:30pm	7:00-8:00pm	6:45-7:30pm				
MA Sports Conditioning	H.I.I.T.	Best of Both Worlds				
Class Limit: 12	Class Limit: 12	Class Limit: 20				
CAT	KTP	BO				
			ACKYARD GRAS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am	6:45-7:30am	6:15-7:00am	7:00-8:15am	6:15-7:00am		
Best of Both Worlds	Ultimate Bootcamp	Best of Both Worlds	Hatha Yoga	Best of Both Worlds		
Class Limit: 20	Class Limit: 20	Class Limit: 20	Class Limit: 25	Class Limit: 20		
BO	KEVIN	BO	KAVITHA	BO		
	8:00-9:00am	8:00-9:00am			8:30-9:30am	9:00-10:00am
	Therapeutic Yoga	Healthy Backs			Total Training Bootcamp	
	Class Limit: 25 SUZY	Class Limit: 25 KAVITHA			Class Limit: 20 LINDA U	Class Limit: 12 CAT
9:30-10:30am	9:30-10:45am	9:30-10:30am	9:15-10:15am	9:15-10:15am	10:00-11:15am	10:15-11:30am
otal Training Bootcamp	Ashtanga			MA Sports Conditioning	VINYASA	Slow Flow
Class Limit: 20	Class Limit: 25	Class Limit: 20	Class Limit: 12	Class Limit: 12	Class Limit: 25	Class Limit: 25
LINDA U.	SUZY	LINDA U.	CAT	CAT	KIM TH	AUTUMN
					11:30am-12:30pm Healthy Backs	
					Class Limit: 25	
					KIM TH	
				1		1
4:30-5:30am Healthy Backs	5:45-6:30pm BARRE	5:45-6:30pm MA Sports Conditioning				
Class Limit: 25	Class Limit: 20	Class Limit: 12				
LINDA T	CLARE	CAT				
5:45-6:45am	6:45-8:00pm	6:45-8:00pm				
Slow Flow	StrongCore/HealthyBack					
Class Limit: 25 LINDA T	Class Limit: 25	Class Limit: 25				
LINUA I	KAVITHA	AUTUMN				
		****		D+++		
MONDAY	THEODAY		N LOCATION, TE		CATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1		7:00-8:00pm		1	1
			Outdoor Running &			
			Interval Training (ORIT)			
			HILARY			
	<u> </u>		***POOL***		<u> </u>	<u> </u>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					0.00.40.00	0.00.10.00
					9:00-10:00am	9:00-10:00am
					AQUA	AQUA
					AQUA Class Limit: 15 DIANE	Class Limit: 15

ZOOM Group Training Aug 3 - 9, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Class participation requ			
	PLEA	SE CHECK YOUR EM	AIL ON FRIDAYS FOR		ATION.	
				7:45am CLIMB BRIAN		
7:45am CLIMB BRIAN	7:30am Circuit Training TIFFANY		8:00am STEP RETURNS NEXT WEEK	10:00am Body Conditioning MAUREEN		
	8:30am BODY WORK SUZANNE		9:15am Body Conditioning	10:00am Hatha Yoga RETURNS NEXT WEEK	9:00am Body Conditioning LISA	9:15am BARRE CARRIE
10:00am Hatha Yoga KAVITHA	OCANINE		10:00am Yoga Therapeutics SUZY	11:00am Tabata LINDA U	LION	OANNE
10:00am Cardio Weights MAUREEN	11:00am Hatha Yoga CHARLES	11:00am Active Aging SUZANNE	11:00am Gentle Yoga CHARLES	11:15am Active Aging RETURNS NEXT WEEK		
MACINE LIV					11:00am-12:00pm Hatha Yoga RETURNS NEXT WEEK	
1:00pm Vinyasa/Ashtanga SUZY	1:00pm Sandhill Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY	1:00pm Mat Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY		
0021	7441114	0021		0021		
			4:00pm Bootcamp LINDA U			
6:30pm VINYASA KAVITHA		5:00pm CLIMB BRIAN	5:00pm BARRE CARRIE			
			Class participation requ			
	PLEA	SE CHECK YOUR EM	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	TION.	

OUTDOOR Group Training Aug 10 - 16, 2020

		*	**PARKING LOT*	**		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MONDAT	TUESDAT	WEDNESDAT	THURSDAT	FRIDAT	SATURDAT	SUNDAT
	7:45-8:45am	8:30-9:30am	8:00-9:00am	8:00-9:00am	8:00-9:00am	8:30-9:30AM
	CLIMB Class Limit: 20	CYCLE Class Limit: 12	Athletic Conditioning Class Limit: 12	H.I.I.T. Class Limit: 12	CYCLE Class Limit: 12	Cycle Class Limit: 12
	BRIAN	TIFFANY	KTP	KTP	KTP	TIFFANY
9:15-10:00am	Ditta di				10:00-10:45am	
Pilates Interval Training					ZUMBA	
Class Limit: 20					Class Limit: 20	
CLARE		10:15-11:15am			ERIN	
		BARRE Fitness				
		Class Limit: 20				
		EMILY B				
5:45-6:30pm	5:45-6:45pm		5:30-6:30pm	5:00-5:45pm		
ZUMBA	CYCLE		Strength & Sculpt	Pilates Interval Training		
Class Limit: 20	Class Limit: 12		Class Limit: 12	Class Limit: 20		
KRISTEN	HILARY		KTP	CLARE		
6:45-7:30pm	7:00-8:00pm	6:45-7:30pm				
MA Sports Conditioning Class Limit: 12	H.I.I.T. Class Limit: 12	Best of Both Worlds Class Limit: 20				
CAT	KTP	BO				
			ACKYARD GRAS			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am	6:45-7:30am	6:15-7:00am	7:00-8:15am	6:15-7:00am		
Best of Both Worlds	Ultimate Bootcamp	Best of Both Worlds	Hatha Yoga	Best of Both Worlds		
Class Limit: 20	Class Limit: 20	Class Limit: 20	Class Limit: 25	Class Limit: 20		
BO	KEVIN	BO	KAVITHA	BO		
50	8:00-9:00am	8:00-9:00am		50	8:30-9:30am	9:00-10:00am
	Therapeutic Yoga	Healthy Backs			Total Training Bootcamp	
	Class Limit: 25	Class Limit: 25			Class Limit: 20	Class Limit: 12
9:30-10:30am	SUZY 9:30-10:45am	ANN 9:30-10:30am	9:30-10:30am	9:30-10:30am	LINDA U 10:00-11:15am	CAT 10:15-11:30am
otal Training Bootcamp				MA Sports Conditioning	VINYASA	Slow Flow
Class Limit: 20	Class Limit: 25	Class Limit: 20	Class Limit: 12	Class Limit: 12	Class Limit: 25	Class Limit: 25
LINDA U.	SUZY	RETURNS NEXT WEEK	CAT	CAT	SHERI	AUTUMN
					11:30am-12:30pm	
					Healthy Backs Class Limit: 25	
					SHERI	
					OHEIG	
4:30-5:30am	5:45-6:30pm	5:45-6:30pm				
Healthy Backs Class Limit: 25	BARRE Class Limit: 20	MA Sports Conditioning Class Limit: 12				
LINDA T	Class Linit: 20 CLARE	Class Linit: 12 CAT				
5:45-6:45am	6:45-8:00pm	6:45-8:00pm				
Slow Flow	StrongCore/HealthyBack	VINYASA				
Class Limit: 25	Class Limit: 25	Class Limit: 25				
LINDA T	KAVITHA	AUTUMN				
		Amerman E	elementary Schoo	ol, Northville		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00 8:00pm			
			7:00-8:00pm Outdoor Running &			
			Interval Training (ORIT)			
			HILARY			
						l
			POOL			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:00-7:00pm	12:00-1:00pm	9:00-10:00am
				AQUA	AQUA	AQUA
			1			
				Class Limit: 15	Class imit 15	Class Limit: 15
				Class Limit: 15 C.R.	Class Limit: 15 C.R.	Class Limit: 15 C.R.

ZOOM Group Training Aug 10 - 16, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		MBER EXCLUSIVE! CI				
	PLE/	SE CHECK YOUR EMA	AIL ON FRIDAYS FOR	ZOOM LINK INFORMA	TION.	
				7:45am CLIMB RETURNS NEXT WEEK		
7:45am CLIMB BRIAN	7:30am Circuit Training TIFFANY		8:00am STEP ANN	10:00am Body Conditioning MAUREEN		
9:00am Body Conditioning LISA	8:30am BODY WORK SUZANNE		9:15am Body Conditioning ANN	10:00am Hatha Yoga ANN	9:00am Body Conditioning LISA	9:15am BARRE CARRIE
10:00am Hatha Yoga KAVITHA			10:00am Yoga Therapeutics SUZY	11:00am Tabata LINDA U		
10:00am Cardio Weights MAUREEN	11:00am Hatha Yoga CHARLES	11:00am Active Aging SUZANNE	11:00am Gentle Yoga CHARLES	11:15am Active Aging ANN		
					11:00am-12:00pm Hatha Yoga ANN	
1:00pm Vinyasa/Ashtanga SUZY	1:00pm Sandhill Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY	1:00pm Mat Pilates AMY K	1:00pm Vinyasa/Ashtanga SUZY		
			4:00pm Bootcamp LINDA U			
6:30pm VINYASA KAVITHA		5:00pm CLIMB RETURNS NEXT WEEK	5:00pm BARRE CARRIE			
					manufactoria la la	
		MBER EXCLUSIVE! CI				