

OUTDOOR Group Training Aug 3 - 9, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45-8:45am CLIMB Class Limit: 20 BRIAN	8:30-9:30am CYCLE Class Limit: 12 TIFFANY	8:00-9:00am Athletic Conditioning Class Limit: 12 KTP	8:00-9:00am H.I.I.T. Class Limit: 12 KTP	8:00-9:00am CYCLE Class Limit: 12 KTP	8:30-9:30AM Cycle Class Limit: 12 TIFFANY
9:15-10:00am Pilates Interval Training Class Limit: 20 CLARE					10:00-10:45am ZUMBA Class Limit: 20 ERIN	
		10:15-11:15am BARRE Fitness Class Limit: 20 EMILY B				
5:45-6:30pm ZUMBA Class Limit: 20 KRISTEN	5:45-6:45pm CYCLE Class Limit: 12 HILARY		5:30-6:30pm Strength & Sculpt Class Limit: 12 KTP	5:00-5:45pm Pilates Interval Training Class Limit: 20 RETURNS NEXT WEEK		
6:45-7:30pm MA Sports Conditioning Class Limit: 12 CAT	7:00-8:00pm H.I.I.T. Class Limit: 12 KTP	6:45-7:30pm Best of Both Worlds Class Limit: 20 BO				
BACKYARD GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am Best of Both Worlds Class Limit: 20 BO	6:45-7:30am Ultimate Bootcamp Class Limit: 20 KEVIN	6:15-7:00am Best of Both Worlds Class Limit: 20 BO	7:00-8:15am Hatha Yoga Class Limit: 25 KAVITHA	6:15-7:00am Best of Both Worlds Class Limit: 20 BO		
	8:00-9:00am Therapeutic Yoga Class Limit: 25 SUZY	8:00-9:00am Healthy Backs Class Limit: 25 KAVITHA			8:30-9:30am Total Training Bootcamp Class Limit: 20 LINDA U	9:00-10:00am MA Sports Conditioning Class Limit: 12 CAT
9:30-10:30am Total Training Bootcamp Class Limit: 20 LINDA U.	9:30-10:45am Ashtanga Class Limit: 25 SUZY	9:30-10:30am Total Training Bootcamp Class Limit: 20 LINDA U.	9:15-10:15am MA Sports Conditioning Class Limit: 12 CAT	9:15-10:15am MA Sports Conditioning Class Limit: 12 CAT	10:00-11:15am VINYASA Class Limit: 25 KIM TH	10:15-11:30am Slow Flow Class Limit: 25 AUTUMN
					11:30am-12:30pm Healthy Backs Class Limit: 25 KIM TH	
4:30-5:30am Healthy Backs Class Limit: 25 LINDA T	5:45-6:30pm BARRE Class Limit: 20 CLARE	5:45-6:30pm MA Sports Conditioning Class Limit: 12 CAT				
5:45-6:45am Slow Flow Class Limit: 25 LINDA T	6:45-8:00pm StrongCore/HealthyBack Class Limit: 25 KAVITHA	6:45-8:00pm VINYASA Class Limit: 25 AUTUMN				
ON LOCATION, TBD						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00pm Outdoor Running & Interval Training (ORIT) HILARY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00-10:00am AQUA Class Limit: 15 DIANE	9:00-10:00am AQUA Class Limit: 15 RETURNS NEXT WEEK

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FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						
				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 RETURNS NEXT WEEK	10:00am Hatha Yoga RETURNS NEXT WEEK	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 RETURNS NEXT WEEK		
					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		
			4:00pm Bootcamp LINDA U			
6:30pm VINYASA KAVITHA		5:00pm CLIMB BRIAN	5:00pm BARRE CARRIE			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						

OUTDOOR Group Training Aug 10 - 16, 2020

PARKING LOT						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:45-8:45am CLIMB Class Limit: 20 BRIAN	8:30-9:30am CYCLE Class Limit: 12 TIFFANY	8:00-9:00am Athletic Conditioning Class Limit: 12 KTP	8:00-9:00am H.I.I.T. Class Limit: 12 KTP	8:00-9:00am CYCLE Class Limit: 12 KTP	8:30-9:30AM Cycle Class Limit: 12 TIFFANY
9:15-10:00am Pilates Interval Training Class Limit: 20 CLARE					10:00-10:45am ZUMBA Class Limit: 20 ERIN	
		10:15-11:15am BARRE Fitness Class Limit: 20 EMILY B				
5:45-6:30pm ZUMBA Class Limit: 20 KRISTEN	5:45-6:45pm CYCLE Class Limit: 12 HILARY		5:30-6:30pm Strength & Sculpt Class Limit: 12 KTP	5:00-5:45pm Pilates Interval Training Class Limit: 20 CLARE		
6:45-7:30pm MA Sports Conditioning Class Limit: 12 CAT	7:00-8:00pm H.I.I.T. Class Limit: 12 KTP	6:45-7:30pm Best of Both Worlds Class Limit: 20 BO				
BACKYARD GRASS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00am Best of Both Worlds Class Limit: 20 BO	6:45-7:30am Ultimate Bootcamp Class Limit: 20 KEVIN	6:15-7:00am Best of Both Worlds Class Limit: 20 BO	7:00-8:15am Hatha Yoga Class Limit: 25 KAVITHA	6:15-7:00am Best of Both Worlds Class Limit: 20 BO		
	8:00-9:00am Therapeutic Yoga Class Limit: 25 SUZY	8:00-9:00am Healthy Backs Class Limit: 25 ANN			8:30-9:30am Total Training Bootcamp Class Limit: 20 LINDA U	9:00-10:00am MA Sports Conditioning Class Limit: 12 CAT
9:30-10:30am Total Training Bootcamp Class Limit: 20 LINDA U.	9:30-10:45am Ashtanga Class Limit: 25 SUZY	9:30-10:30am Total Training Bootcamp Class Limit: 20 RETURNS NEXT WEEK	9:30-10:30am MA Sports Conditioning Class Limit: 12 CAT	9:30-10:30am MA Sports Conditioning Class Limit: 12 CAT	10:00-11:15am VINYASA Class Limit: 25 SHERI	10:15-11:30am Slow Flow Class Limit: 25 AUTUMN
					11:30am-12:30pm Healthy Backs Class Limit: 25 SHERI	
4:30-5:30am Healthy Backs Class Limit: 25 LINDA T	5:45-6:30pm BARRE Class Limit: 20 CLARE	5:45-6:30pm MA Sports Conditioning Class Limit: 12 CAT				
5:45-6:45am Slow Flow Class Limit: 25 LINDA T	6:45-8:00pm StrongCore/HealthyBack Class Limit: 25 KAVITHA	6:45-8:00pm VINYASA Class Limit: 25 AUTUMN				
Amerman Elementary School, Northville						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00-8:00pm Outdoor Running & Interval Training (ORIT) HILARY			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:00-7:00pm AQUA Class Limit: 15 C.R.	12:00-1:00pm AQUA Class Limit: 15 C.R.	9:00-10:00am AQUA Class Limit: 15 C.R.

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FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
PLEASE CHECK YOUR EMAIL ON FRIDAYS FOR ZOOM LINK INFORMATION.						
				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			
FITNESS MEMBER EXCLUSIVE! Class participation requires an active fitness membership.						
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