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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 am	TBX: H.E.A.T. - Sara B	R.I.P.P.E.D.- Lauren	Just Strength*45min* -Jen Grp Cycle - Ashley	Total Body - Lauren	<u>H.I.I.T. - Jeff</u> Grp Cycle - Jenn T	 The Health & Fitness Center AT WASHTENAW COMMUNITY COLLEGE			
7:00 am		6-Pack 45min- Lauren		6-Pack 45min- Lauren		Body Pump - Staff			
7:15 am						Grp Cycle - Katie/Jenny			
8:00 am	Grp Cycle - Matt/Emily Body Pump -Ashley <u>Yoga 1 - Kip</u>					Grp Cycle - Staff			
8:30 am			HIIT *45 min - Dawn	Arms & Abs*45min - Amy		Grp Cycle - Staff			
9:00 am	Body Pump -Ashley	Yoga Flow 1-2 *75min-Chrissie	Yoga 1 *75min-Diane	Yoga 1-2 *75min - Chrissie	Circuit (fitness floor) - Sara B YogaFlow1-2 *75min-Jessica Total Body - Brandy	<u>Yoga 1*75min -Kip</u>			
9:15am	<u>Yoga 1-2 *75 min -Kip</u>	Step & Strength - Alixa/Marina		Strength & Stretch - Angie K					
9:30 am			CRT - Debbie TRX Circuit (gym) - Sara B	<i>fandansetique</i> - Marina (Pilates room)		Zumba -Angie G/Krysta Boot Camp (gym) - Jeff	<i>fandansetique</i> 75min-D&J		
10:00 am	Mat Pilates 2.0 *45 min-Denene				Mat Pilates 2.5 *45 min-Denene				
10:10 am	Sit ' Fit *45 min - Sara B				Sit 'n Fit *45 min - Kathy G				
10:30 am		<i>fandansetique</i> 75min-Denene Yoga 1-2 *75min - Chrissie	Stretch - Karen Chair Yoga *45 min - Chrissie	Yoga Flow 2 *75min-Jessica Zumba - Cat	YogaFlow2 *75 min-Jessica	Yoga 2 *75min-Becky/Ellen 6-pack*30min- Angie G/Krysta Mat Pilates 1.0 - Denene			
10:45 am	<u>Yoga Flow 2 *75 min- Sandy</u>								
11:00 am	Step Intermediate-Marina		Mat Pilates 2 - Kathy G		Step Advanced - Lisa	Zumba -Angie G/Krysta	Step Adv-Lisa Stretch Denene Pilatesrm		
11:30 am						Grp Cycle - Ashley/Therese PB&J - Denene			
noon	6-Pack *30min - Arlene	Butts & Guts *45min-Brandy	Zumba Gold *45 - Karen Grp Cycle -Kim	Mat Pilates 1.5-Kathy B Total Body Basics*45min- Arlene	Zumba Gold*45 min -Alixa	YogaFlow1-2*75 min-Caroline Total Body - Angie G/Marina	TABATA *30 min-Staff		
12:30 pm						6-Pack *45 min-Staff			
1:00 pm			Yoga 1-2*75min-Jessica			Yoga Flow 2*75min - Sandy			
3:00 pm	Zumba Gold *45 min - Krysta								
4:30 pm		Grp Cycle - Kim		Grp Cycle - Kim					
5:00 pm		GRIT strength *45 min-Kisha							
5:30 pm	Butts & Guts- Noura Yoga 1-2 *75min -Nataliya	YogaFlow 1-2*75min-Laurie Step Int.-Marina		Grp Cycle - Argenta Body Pump -Katie					
6:00 pm	Grp Cycle - Katie/Tina <u>GRIT*30min(gym)- Dominique</u> Mat Pilates 2- Kathy B	Mat Pilates 1.5-Kathy B Grp Cycle -Ashley	Grp Cycle - Emily Yoga Flow 1-2 *75 min-Param PB&J - Kathy B Boot Camp *45 min(gym) - Jeff	Pilates 1.0- Kathy B		*ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE INDICATED* Class time includes set up, class, and clean up Hours: M-Th 5:00AM-10:00PM, Fri 5:00AM-9:00PM, Sat&Sun 7:00AM-6:00PM www.wccfitness.org			
6:30 pm	Body Combat -Melissa		Body Combat-Tara	Yoga Level 2 *75min - Laurie GRIT strength *40 min - Ashley					
7:00 pm	Yoga Flow 2 *75 min-Sandy	Yoga 1 + - Caroline							
7:30 pm	<u>Zumba - Alixa</u>		Zumba - Beca/Angelina	Body Pump-Angelina/Melissa					

Italicized, underlined text indicates one of the following - a new class; or a change in time, day, instructor, location, or class format.

**Please observe all class policies when participating in group classes. Policies are posted on class room windows.
Class time includes set-up of equipment, class, and clean-up of equipment.**