



Group Exercise @ Pierson Road YMCA

January 1st - January 7th

5219 W. Pierson Road
Flushing Michigan, MI 48433
(810) 732-9622

	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6	TUE 7
8am		Morning Flow & Meditation Yoga Rickita H. 8am - 9am		Cardio Circuit Deirdre B / Christel D. 8am - 8:50am			Morning Flow & Meditation Yoga Rickita H. 8am - 9am
9am		Power Hour Megan Butterfield 9am - 10am	H.I.T.T Zachary Thamm 9:15am - 10am	AMRAP Attack Megan Butterfield 9am - 9:50am		Cardio Pump Hanna Abuaita 9:15am - 10:10am	Cardio Circuit Hanna Abuaita 9:15am - 10:15am
		Senior Circuit Kamar Ingram 9am - 10am					
		Group Cycling Lydia Diem 9:15am - 10:15am					
10am			ABSolute Conditioning Zachary Thamm 10am - 10:30am	Cardio Step Deirdre B. 10:15am - 11:15am		Ab Attack Hanna Abuaita 10:15am - 10:45am	
11am			Gentle Yoga Rickita H. 11:30am - 12:15pm	The Core (Beginner Pilates) Marie W. 11:30am - 12:30pm		Stretch & Flex Kamar Ingram 11am - 12pm	Stretch & Flex Zachary Thamm 11:15am - 12pm
12pm			Chair Mobility Yoga Rickita H. 12:45pm - 1:30pm				Chair Yoga Zachary Thamm 12:30pm - 1:15pm
5pm		Youth Fitness Kamar Ingram 5:30pm - 6:30pm					Youth Fitness Kamar Ingram 5:30pm - 6:15pm
6pm		F.I.T. Camp Kamar Ingram 6:30pm - 7:30pm				The Burn (step aerobics) Marie W. 6pm - 6:45pm	Group Cycling Zachary Thamm 6pm - 6:45pm
							The Powerhouse (Intermediate Pilates) Marie W. 6:45pm - 7:30pm
7pm						Zumba Marie W. 7pm - 7:50pm	
8pm						Cycling / The Edge Marie W. 8pm - 8:30pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.