



Spring 2017 Punchcard Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>CANCELLED</u> <u>Basic Yoga</u> 5:00-5:55 pm 201 Market Ave. Anne	<u>Kickboxing</u> 5:30-6:25 pm 201 Market Ave. Sadie	<u>Gentle Yoga</u> 9:00-09:55 am 201 Market Ave. Terri	<u>30/20/10</u> 5:30-6:25 pm 201 Market Ave. Ziyah	<u>Gentle Yoga</u> 9:00-9:55 am 201 Market Ave. Terri		<u>CANCELLED</u> <u>Zumba</u> 9:00-9:55 am 201 Market Ave. Amy
<u>Restorative Yoga</u> 6:00-6:55 pm 201 Market Ave. Anne	<u>Hiit and Core</u> 6:30-7:25 pm 201 Market Ave. Sadie	<u>CANCELLED</u> <u>Basic Yoga</u> 12:15-1:00 pm 201 Market Ave. Marla	<u>CANCELLED</u> <u>Zumba</u> 6:30-7:25 pm 201 Market Ave. Denise	<u>*Pound</u> 5:30-6:25 pm 201 Market Ave. Kristin *\$60– includes Ripstix \$40– if you have Ripstix		<u>Water Aerobics</u> 9:00-9:55 am City High Pool Kathleen
	<u>Pilates</u> 6:00-6:55 pm Ottawa Hills Ziyah	<u>Z-Box</u> 5:30-6:25 pm 201 Market Ave. Kristin	<u>Hoop Dance</u> 6:00-6:55 pm Coldbrook Audria			
	<u>Basic Yoga</u> 6:15-7:10 pm Palmer Elem. Terri	<u>Water Aerobics</u> 6:30-7:25 pm City High Pool Kathleen	<u>Basic Yoga</u> 6:15-7:10 pm Palmer Elem. Kathy	<u>Yoga Plus Core</u> 6:00-7:15 pm Ottawa Hills Jean		
	<u>Groove/Yoga</u> 7:15-8:10 pm Palmer Elem. Terri	<u>CANCELLED</u> <u>Basic Yoga</u> 6:00-6:55 pm North Park Pres. Kathy	<u>Groove About</u> 5:30-6:25 pm KEC Oakleigh Terri	<u>Water Aerobics</u> 6:30-7:25 pm City High Pool Kathleen		
	<u>CANCELLED</u> <u>Zumba</u> 5:30-6:25 pm Kent Co Health Dept Jennifer		<u>Basic Yoga</u> 6:30-7:25 pm KEC Oakleigh Terri			
	<u>CANCELLED</u> <u>Cardio Dance</u> 6:45-7:10 pm Coldbrook Christy					
	<u>Basic Yoga</u> 6:00-6:55 pm Garfield Gym Amy					