

Winter 2017—Punchcard Fitness Class Schedule

Classes begin the week of January 8, 2017 and run for 10 weeks.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Basic Yoga</u> 5:00-5:55 pm 201 Market Ave Anne F.	<u>Kickboxing</u> 5:30-6:25 pm 201 Market Ave Sadie R.	CANCELLED <u>Sunrise Yoga</u> 6:30-7:15 am 201 Market Ave Cheryl F.	<u>30/20/10</u> 5:30-6:25 pm 201 Market Ave Ziyah D.	CANCELLED <u>Sunrise Yoga</u> 6:30-7:15 am 201 Market Ave Cheryl F.	<u>Ballroom Next</u> (Non punchcard) 5:30-6:25 pm 201 Market Ave Julie G.	CANCELLED <u>Basic Yoga</u> 8:00-8:55 am 201 Market Ave Cheryl F.
<u>Restorative Yoga</u> 6:00-6:55 pm 201 Market Ave Anne F.	<u>Total Body Sculpt</u> 6:30-7:25 pm 201 Market Ave Sadie R.	<u>Gentle Yoga</u> 9:00-9:55am 201 Market Ave Terri S.	CANCELLED <u>Zumba</u> 6:30-7:25 pm 201 Market Ave Denise W.	<u>Gentle Yoga</u> 9:00-9:55 am 201 Market Ave Terri S.		CANCELLED <u>Zumba</u> 9:00-9:55 am 201 Market Ave Amy K.
	<u>Ballroom Dance</u> (Non punchcard) 7:30-8:25 pm 201 Market Ave Julie G.	CANCELLED <u>Basic Yoga</u> 12:15-1:00 pm 201 Market Ave Marla F.	<u>Groove</u> 5:30-6:25 pm KEC Oakleigh Terri S.	<u>Zumba</u> 6:30-7:25 pm 201 Market Ave Kristin P.		<u>Water Aerobics</u> 9:00-9:55 am City High Kathleen H.
	<u>Pilates</u> 6:00-6:55 pm Ottawa Hills Ziyah D.	<u>Z-Box</u> 5:30-6:25 pm 201 Market Ave Kristin P.	<u>Basic Yoga</u> 6:30-7:25 pm KEC Oakleigh Terri S.	<u>Basic Yoga</u> 6:00-6:55 pm Ottawa Hills Jean H.		
	<u>Basic Yoga</u> 6:00-6:55 pm Garfield Gym Amy K.	<u>Cross Training</u> 6:30-7:25 pm 201 Market Ave Tammy L.	<u>Basic Yoga</u> 6:15 –7:10 pm Palmer Elem. Kathy W.	<u>Water Aerobics</u> 6:30-7:25 pm City High Kathleen H.		
	<u>Basic Yoga</u> 6:15-7:10 pm Palmer Elem. Terri S.	<u>Core Strength</u> 7:30-8:15 pm 201 Market Ave Tammy L. CANCELLED		<u>Pound</u> 5:30-6:25 pm 201 Market Kristin P. (Must have own sticks)		
	<u>Groove/Yoga</u> 7:15-8:10 pm Palmer Elem. Terri S.	<u>Basic Yoga</u> 6:00-6:55 pm N Park Presb. Kathy W.				
		<u>Water Aerobics</u> 6:30-7:25 pm City High Kathleen H.				