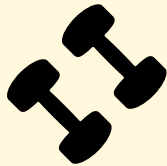




GROUP EXERCISE

Ada, MI - Spring 2024 Schedule

TUESDAY



TOTAL BODY STRENGTH

12:15PM - 1:00PM
(Wendy)

IGNITE

4:15PM - 5:00PM
(Jessica)

WEDNESDAY

RIDE & REPS

11:15AM - 12:00PM
(Wendy)

YOGA

12:15PM - 1:00PM
(Doni)

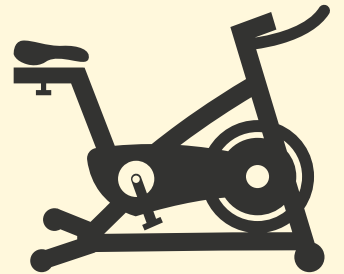
ZUMBA

4:15PM - 5:00PM
(Narisa)

THURSDAY

CYCLING

12:15PM - 1:00PM
(Sue)



CLASS DESCRIPTIONS

RIDE & REPS: This hybrid class mixes cycling with cardio & weight training for strength - best of both worlds!

TOTAL BODY STRENGTH: Build strength & lean muscle as you are coached through weight training practices.

IGNITE: Interval training that combines cardio & strength - yes please!

YOGA: Gain flexibility, balance, & zen in this all levels yoga class.

ZUMBA: Dance to Latin and international music with fun, choreographed dance routines.

CYCLING: High-intensity exercise on a indoor stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session!

Staffed Hours of Operation:

Tuesday - Thursday 7:00am - 5:00pm

www.fitnessamway.com

Questions or Concerns:

fitness_facility@amway.com

616.787.7710