

GROUP EXERCISE

May Schedule



TUES.

WED.

THURS.

CYCLE CROSS

7:00 - 7:45AM
(Wendy)

TOTAL BODY STRENGTH

12:15 - 1:00PM
(Wendy)

YOGA

12:15 - 1:00PM
(Doni)

BOOTCAMP

12:15 - 1:00PM
(Emily)

CYCLE

4:15 - 5:00PM
(Emily)

ZUMBA

4:15 - 5:00PM
(Narisa)

ADA, MI

Staffed Hours of Operation:
Tuesday-Thursday 7:00am-5:00pm

Questions or Concerns
fitness_facility@amway.com
787-7710

GROUP EXERCISE

Class Descriptions



Class	Description
Total Body Strength	Build strength and lean muscle as you are coached through structured weight training practices. This class will utilize a mix of equipment and bodyweight exercises.
Cycle	Get a great low-impact cardio workout on the cycling bikes with good music and even better company.
Cycle Cross	The best of both worlds - this hybrid class mixes cycling for cardio and weight training for strength. There is something for everyone!
Yoga	Work on flexibility, balance, strength and ZEN in this all levels yoga class.
Zumba	Dance to Latin and international music with fun, choreographed dance routines.
Bootcamp	A mix of cardio, strength & interval training to keep you on your toes and give you a great workout!

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