

GROUP EXERCISE

Updated Summer Schedule



TUES.

HIIT EXPRESS

7:30 - 8:00AM
(Emily)

WED.

CYCLE CROSS

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

THURS.

TOTAL BODY STRENGTH

12:15 - 1:00PM
(Wendy)

YOGA

12:15 - 1:00PM
(Doni)

BOOTCAMP

12:15 - 1:00PM
(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
HIIT Express	30 minutes of high-intensity interval training to start your week off strong! This class mixes elements of strength, cardio & power, using both bodyweight and resistance training.
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 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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