



# GROUP EXERCISE

## Ada, MI - Winter 2024 Schedule

### TUESDAY

#### TOTAL BODY STRENGTH

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



### WEDNESDAY

#### RIDE & REPS

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

#### YOGA

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

#### ZUMBA

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

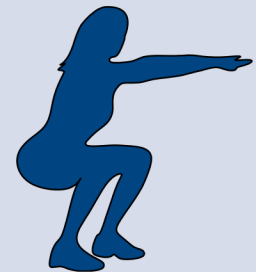
### THURSDAY

#### IGNITE

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

#### 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](http://www.fitnessamway.com)

#### Questions or Concerns:

[fitness\\_facility@amway.com](mailto:fitness_facility@amway.com)  
616.787.7710