

YOGALATTES DROP IN \$8.00
 ALL OTHER CLASSES \$7.00
 SENIOR (60+) DROP IN \$3.00

WORLD GYM-STUDIO B

SCHEDULE

TO REGISTER FOR CLASS
 CALL 574-254-0460

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:15a -9:00a TONING
	10:00 - 10:45a PILATES - LORI	10:00a - 10:45a YOGA LATES		10:00a - 10:45 a YOGA LATES	10:00a - 10:45a PILATES - LORI	9:15a- 10:00a CARDIO DRUM
						1:00p - 2:00p KICKBOXING
<p>When you join Michi- ana's finest fitness center, you will find that it has lots more than just workout equipment. Class descriptions are:</p>	5:15p - 6:00p Kids Circuit	5:30p - 6:15p H I I T	5:15p - 6:00p Kids Circuit	5:15p - 6:00p HIIT/Strength	5:15p - 6:00p Kids Circuit	
	6:30p - 7:30p KICKBOXING	6:30p - 7:30p MMA	6:30p-7:30p KICKBOXING	6:30p - 7:30p KICKBOXING	6:30p-7:30p KICKBOXING	
<p>LIVE CLASSES - STUDIO-A</p> <ul style="list-style-type: none"> ◆ CYCLING - 45 MINUTE HIGH INTENSITY WORKOUT..... WITH WARM-UP AND COOL DOWN. ◆ ENERGETICS - FOR SENIORS 50+. IMPROVE STRENGTH, BALANCE AND FLEXABILITY. ◆ SILVER SNEAKERS - THIS CLASS IS FOR BALLS AND LIGHT WEIGHTS TO HELP BUILD STRENGTH AND MUSCLE TONE. ◆ 		<p>LIVE CLASSES - STUDIO-B</p> <ul style="list-style-type: none"> ◆ YOGALATES-COMBO OF YOGA/PALATES. ◆ KICKBOXING - BASICS INCLUDING SELF DEFENSE TACTICS. ◆ KIDS CIRCUIT - MODERATE TRAINING FOR KIDS. ◆ POUND - Combines Rythm, Power, Plyometrics, Endurance & Diet ◆ BOXING, GRAPPLING, MUAY THAI, MMA - Various martial arts classes. 				

