

WORLD GYM STUDIO - A

LIVE & FOD SCHEDULE ■

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a - 9:45a CYCLING - Lori	9:00a - 9:45a SILVER SNKR	9:00a - 9:45a CYCLING - Lori	9:00a - 9:45a SILVER SNKR	9:00 - 9:45a CYCLING - Lori	9:00a-10:00a BODY PUMP
	10:15a-11:00a ENERGETICS	10:15a-11:00a SILVER SNKR	10:00a-10:45a PILATES - Lori	10:15a-11:00a SILVER SNKR	10:15a-11:00a ENERGETICS	10:15a-11:00a Cycling - Dell
F..O.D. CLASSES STRONG BY ZUMBA RIP 29 EXPRESS KILLER ABS-Lv1 REFRESH/RESET SH1FT 101 TONE+SHRED MICKI'S REC. YOGA FOR DETAILS, ASK FRONT DESK.	5:30p - 6:15p CYCLING-DEL	6:00p - 7:00p BODY PUMP	5:30p - 6:15p CYCLING-DEL	6:00p - 7:00p BODY PUMP	5:30p - 6:15p CYCLING - DEL	
CARDIO - Cycling & Kickboxing STRENGTH - Body Pump & Bootcamp FLEXIBILITY - Yoyalattes SPECIALTY - Silver Sneakers, Energetics			<u>CHILD CARE HOURS</u> MON-FRI 9:00AM - 2:00PM 4:00PM - 8:00PM		HOURS OF OPERATION MON - FRI 5:30 am - 10:00 pm SAT. 8:00 am - 5:00 pm SUN. 10:00 am - 5:00 pm	

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
	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	
	11:30a - 1:00p BOXING-Aaron	11:30a - 1:00p KICKBOXING	11:30a - 1:00p H.I.I.T. - Aaron	11:30a - 1:00p MUAY THAI	11:30a - 1:00p MMA - Aaron	1:00p - 2:00p KICKBOXING
	5:15p - 6:00p Kids Circuit	5:30p - 6:15p H I I T - Aaron	5:15p - 6:00p Kids Circuit		5:15p - 6:00p Kids Circuit	
	6:30p - 7:30p KICKBOXING	6:30p - 7:30p MMA - Aaron	6:30p-7:30p KICKBOXING	6:30p - 7:30p KICKBOXING	6:30p-7:30p KICKBOXING	

When you join Michi-ana's finest fitness center, you will find that it has lots more than just workout equipment. Class descriptions are:

LIVE CLASSES - STUDIO-A

- ◆ **CYCLING** - 45 MINUTE HIGH INTENSITY WORKOUT..... WITH WARM-UP AND COOL DOWN.
- ◆ **ENERGETICS** - FOR SENIORS 50+. IMPROVE STRENGTH, BALANCE AND FLEXIBILITY.
- ◆ **LES MILLS - BODY PUMP** SHAPE AND TONE YOUR BODY, IMPROVE BONE HEALTH AND CORE STRENGTH.
- ◆ **SILVER SNEAKERS** - THIS CLASS IS FOR BALLS AND LIGHT WEIGHTS TO HELP BUILD STRENGTH AND MUSCLE TONE.
- ◆

LIVE CLASSES - STUDIO-B

- ◆ **YOGALATES-COMBO** OF YOGA/PALATES.
- ◆ **KICKBOXING** - BASICS INCLUDING SELF DEFENSE TACTICS.
- ◆ **KIDS CIRCUIT** - MODERATE TRAINING FOR KIDS.
- ◆ **RIPPED** - Combines Resistance, Interval, Power, Plyometrics, Endurance & Diet
- ◆ **BOXING, GRAPPLING, MUAY THAI, MMA** - Various martial arts classes.

Fitness on Demand Video Classes

STUDIO-A

- Marissa's Booty Camp w/Marissa Rocco
- Killer Abs - Level 1 w/Julian Michaels
- Yoga Basics For Beginners w/Teresa
- Extreme Burn-Ripped w/Mike Donavarik
- Power Music Step w/Wendy Dale

MORE COMING

