

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
<p>F.O.D. CLASSES</p> <p>STRONG BY ZUMBA RIP 29 EXPRESS KILLER ABS-Lv1 REFRESH/RESET SH1FT 101 TONE+SHRED MICKI'S REC. YOGA</p> <p>FOR DETAILS, ASK FRONT DESK.</p>						
	5:30p - 6:15p CYCLING-DEL	6:00p - 7:00p BODY PUMP	5:00p - 5:45p CYCLING-DEL	6:00p - 7:00p BODY PUMP	5:30p - 6:15p CYCLING - DEL	
			6:00p-7:00p CYCLING-DEL			

CARDIO - Cycling & Kickboxing
STRENGTH - Body Pump & Bootcamp
FLEXIBILITY - Yogalattes
SPECIALTY - Silver Sneakers, Energetics

CHILD CARE HOURS

MON-FRI **9:00AM - 2:00PM**
AND **4:00PM - 8:00PM**
SATURDAY **9:00AM - 2:00PM**

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
					10:00a - 10:45a PILATES	
1:00p - 2:00p KICKBOXING	11:30a - 1:00p BOXING-Aaron	11:30a - 1:00p KICKBOXING	11:30a - 1:00p GRAPPLING	11:30a - 1:00p MUAY THAI	11:30a - 1:00p MMA - Aaron	9:00 a- 9:45a RIPPED-Julie
		10:15a - 11:00a YOGA LATES		10:15a - 11:00 a YOGA LATES		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 - Alex	5:30p - 6:15p H I I T - Aaron	5:15p - 6:00p Kids Circuit - Alex		5:15p - 6:00p Kids Circuit - Alex	
	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	

LIVE CLASSES - STUDIO-A

- ◆ CYCLING - 45 MINUTE HIGH INTENSITY WORKOUT..... WITH WARM-UP AND COOL DOWN.
- ◆ ENERGETICS - FOR SENIORS 50+. IMPROVE STRENGTH, BALANCE AND FLEXABILITY.
- ◆ 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

