

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 POUND
	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 STEP & TONE
	5:30p - 6:15p CYCLING-DEL	6:00p - 7:00p POUND	5:30p - 6:15p CYCLING-DEL	6:00P - 7:00p POUND	5:30p - 6:15p CYCLING - DEL	
	6:30p-7:30p YOGA-Kim W.					
CARDIO - Cycling & Kickboxing STRENGTH - Pound 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
						8:15a -9:00a CARDIO DRUM
	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 TONING
3:00pm - 4:00pm WOMEN's SD	11:30a - 1:00p BOXING-Aaron	11:30a - 1:00p KICKBOXING	11:30a - 1:00p Grappling. - Aaron	11:30a - 1:00p MUAY THAI	11:30a - 1:00p MMA - Aaron	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 - 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	

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.
- ◆ 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.
- ◆ POUND - Combines Rythm, Power, Plyometrics, Endurance & Diet
- ◆ BOXING, GRAPPLING, MUAY THAI, MMA - Various martial arts classes.

