

Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	YOGA W/ LAUREN		CORE PILATES W/SHIRLEY		CORE PILATES W/ SHIRLEY		
8:30AM		CARDIO W/ CAMILLE		CARDIO W/ CAMILLE			
9:00AM	PILATES FOR HEALTH W/DEB CARDIO DANCE W/ BARB	YOGA W/ SHIRLEY	PILATES FOR HEALTH W/DEB CARDIO DANCE W/BARB		PILATES FOR HEALTH W/DEB YOGA W/ SHIRLEY		
9:30AM		CONDITIONING PILATES W/ CAMILLE		CONDITIONING PILATES W/ CAMILLE			
10:00AM		ZOOM W/ BETH		ZOOM W/ BETH			
10:15AM	PILATES W/BARB		BALL PILATES W/ BARB			PILATES W/ BARB	
11:00AM				MOVING FORWARD W/ KAREN			
11:15AM							
11:30AM	MOVEMENT & BALANCE W/JENYA		MOVEMENT & BALANCE W/JENYA		MOVEMENT & BALANCE W/JENYA		
5:00PM					30 MINUTE BLAST YOUR ABS W/DONNA		
5:30PM	30 MINUTE TABATA TONER W/DONNA	BOOTCAMP W/JOSEPH	30 MINUTE TABATA TONER W/DONNA	BOOTCAMP W/JOSEPH	30 MINUTE TABATA TONER W/DONNA		
6:30PM		PILATES W/JOSEPH		PILATES W/JOSEPH			

Please call us for the most up-to-date schedule information 231-352-9661

BETSI HOSICK HEALTH & FITNESS CENTER

 MUNSON HEALTHCARE Paul Oliver Memorial Hospital