

# Winter Fitness Class Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM							
5:45 AM							
6:00 AM		Power 45 <i>Katie</i>	Spinning* <i>Katie</i>	Intervals <i>Dursa</i>	L.O.D. <i>Tyler</i>	Kettle Bell <i>Stacie</i>	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM				Yoga Flow <i>Mary</i>			
8:15 AM							
8:30 AM	Step & Sculpt <i>Mary</i>		Creative Cardio <i>Mary</i>		Pure Step <i>Mary</i>		
8:45 AM							
9:00 AM		Mix & Match <i>Renate</i>		Mix & Match <i>Renate</i>	Strength <i>Mary</i>		
9:15 AM	Strength <i>Mary</i>						
9:30 AM			Strength <i>Mary</i>				
9:45 AM							
10:00 AM	Yoga Flow <i>Mary</i>	Flexibility <i>Renate</i>	Yoga Flow <i>Mary</i>	Flexibility <i>Renate</i>	Yoga Flow <i>Mary</i>		
10:15 AM							
10:30 AM							
4:00 PM							
4:15 PM							
4:30 PM	Kettle Bell <i>Stacie</i>		Kettle Bell <i>Stacie</i>				
4:45 PM							
5:00 PM							
5:15 PM	L.O.D. <i>Tyler</i>	Spinning* <i>Katie</i>	L.O.D. <i>Tyler</i>				
5:30 PM							
5:45 PM							
6:00 PM		Spinning* <i>Katie</i>					
6:15 PM							
6:30 PM							

\* Spinning classes are held in the Group Fitness Annex, lower level of Manistee Medical Offices (1293 E. Parkdale Ave.)