

BTSS GROUP FITNESS SCHEDULE -LAND- SUMMER (JUNE / JULY / AUGUST)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SMALL GROUP STRENGTH & MOBILITY= H 7:30-8:15 (JS)	S.G.P.T. = L 7:30-8:30 (JS)		S.G.P.T. = L 7:30-8:30 (JS)	
LABLAST DANCE FITNESS -+ABS= L 9:00-10:00 (DT)	CARDIO, CORE & CONDITIONING = L 9:00-10:00 (DE)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (AD)	CARDIO DANCE PARTY = L 9:00-10:00 (TF)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (LF)
BARRE BALANCE = L 10:30-11:15 (DT)	GENTLE MOVES YOGA (LEVEL 2) = H 10:15-11:15 (JV)	TAI CHI CONTINUING = L 10:30-11:15 (HW)	GENTLE MOVES YOGA = H 10:30-11:30 (LM)	MINDFUL MOVEMENT PILATES = L 10:15-11:15 (AK)
CHAIR YOGA = H 11:30-12:30 (DT)	STRENGTH & BALANCE = H 11:30-12:30 (EB)	AGELESS YOGA = L 11:30-12:20 (KL)	CORE CONDITIONING 11:45-12:30 (AD)	S.G.P.T. = L 11:30-12:30 (LF)
DRUM HAPPY= L 1:00-1:45 (MP)	GENTLE STRETCH = H 12:45-1:15 (EB)	BARRE BALANCE = L 12:45-1:30 (DT)	S.E.A.T. = L 1:30-2:15 (LM)	YIN YOGA = H 1:00-1:45 (JV)
TAI CHI BEGINNING=L 2:00-3:00 (HM)	S.E.A.T. = H 1:30-2:15 (EB)	MAT PILATES 1:45 = H 1:45-2:45 (JV)		POWER HOUR = L 2:00-3:00 (AD)
			V = VIRTUAL ONLY H = HYBRID L = LIVE ONLY	
ZUMBA/LABLAST®= V 5:15-6:00 (MP)		ZUMBA/LABLAST® = V 5:15-6:00 (MP)		
				03/10/25 AD

Fitness Coordinator, Amanda Dupree at adupree@bloomfieldtwp.org,
or Associate Fitness Coordinator, Jason Schaefer at jschaefer@bloomfieldtwp.org

TO PROTECT THE EQUIPMENT AND FLOORING, PLEASE CARRY IN (DO NOT WEAR IN) YOUR CLEAN WORKOUT SHOES.