

BTSS GROUP FITNESS SCHEDULE - LAND - FALL (SEP/OCT/NOV)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	S.G.P.T. 7:30-8:30	GENTLE STRETCH 7:30-8:00	S.G.P.T. 7:30-8:30	S.G.P.T. 7:30-8:30
STRENGTH & BALANCE LVL 1 8:00-8:45		TRX EXPRESS 8:15-8:45		
LABLAST DANCE FITNESS 9:00-10:00	CARDIO, CORE & CONDITIONING 9:00-10:00	STRENGTH & BALANCE LVL 2 9:00-10:00	ZUMBA +ZUMBA TONING 9:00-10:00	STRENGTH & BALANCE LVL 2 9:00-10:00
BARRE BALANCE LVL 2 10:30-11:15	PILATES FUSION 10:15-11:15	TAI CHI CONTINUING 10:30-11:15	GENTLE MOVES YOGA & SCULPT 10:15-11:15	MINDFUL MOVEMENT PILATES 10:15-11:15
CHAIR YOGA 1130-12:30	BARRE BALANCE LVL 1 11:30-12:15	AGELESS YOGA 11:30-12:20	GENTLE BACKS & BALANCE 11:30-12:15	S.G.P.T. 11:30-12:30
STRENGTH & BALANCE LVL 2 12:45-1:45	S.E.A.T 12:30-1:15	BARRE BALANCE LVL 2 12:45-1:30	S.E.A.T. 12:30-1:15	CHAIR YOGA 12:45-1:30
	GENTLE STRETCH 1:30-2:00	STRENGTH & BALANCE LVL 1 1:45-2:30	PILATES FUSION 1:30-2:15	MINDUL MEDITATION 1:45-2:15
TAI CHI BEGINNING 2:00-3:00	CARDIO CHAIR WITH DRUMMING 2:15-2:45		TOTAL BODY EXPRESS 2:30-3:15	INTRO TO EXERCISE 2:30-3:00
LaBlast (Virtual Only) 5:15-6:00		LaBlast (Virtual Only) 5:15-6:00		LN

TO PROTECT THE EQUIPMENT AND FLOORING, PLEASE CARRY IN YOUR CLEAN WORKOUT SHOES.

Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?

Contact: Fitness Coordinator, Amanda Dupree ADupree@bloomfieldtwpmi.gov