

POWERHOUSE

FITNESS GYM CENTER

SEPTEMBER 2017

Time	Class	Instructor	Room	Time	Class	Instructor	Room
Monday				Thursday			
8:30-9:30 AM	Maxx Fit	Cynthia	Main	5:30-6:30 AM	RIPPED	Stacy	Main
9:30-10:30 AM	Yoga Flow	Martha	Mind Body	8:30-9:30 AM	Butts and Guts	Cynthia	Main
9:30-10:30 AM	Cycle	Cynthia	Cycle	9:30-10:30 AM	Powerflex	Tabetha	Main
9:30-10:30 AM	Powerflex	Amanda	Main	9:30-10:30 AM	Vinyasa Yoga	Martha	Mind Body
9:30-10:30 AM	Aqua Dance Fitness	Ona	Pool	10:30-11:30 AM	WERQ Hip Hop	Giavanna	Main
10:30-11:15AM	Bombay Jam	Mukta	Main	5:30-6:30 PM	Cycle	Natalie	Cycle
5:00-6:00 PM	Kickboxing IT	Derrick	Main	5:30-6:15 PM	Strength and Tone	Amanda	Main
5:30-6:30PM	Beginner Yoga	Ronna	Mind Body	6:00-7:00 PM	Aqua	Ona	Pool
5:30-6:30 PM	Aqua	Natalie	Pool	6:15-7:00 PM	Kickboxing	Cristin	Main
6:00-7:00 PM	Weight training	Sandra	Main	7:00-7:30 PM	Core Conditioning	Cristin	Main
7:00-8:00 PM	Just Cycle	Sandra	Cycle	7:30-8:30 PM	Zumba	Ona	Main
7:00-8:00 PM	Zumba	Giavanna	Bball Court	7:30-8:30 PM	Yoga Flow	Afsoon	Mind Body
7:30-8:30 PM	High Intensity Interval Training	Amanda	Main	Friday			
7:30-8:30 PM	Vinyasa Yoga	Erin H	Mind Body	5:15-6:15 AM	Cycle/Strength	Sandra	Cycle
Tuesday				8:30-9:30 AM	Interval Training	Kelley	Main
5:15-6:15 AM	Cycle	Sandra	Cycle	9:00-10:00 AM	Yin Yoga	Ronna	Mind Body
5:30-6:30 AM	Bootcamp	Stacy	Main	9:30-10:30 AM	Kickboxing WT/ IT	Kelley	Main
8:30-9:30 AM	Zumba	Stephanie H	Main	9:30-10:30 AM	Aqua	Stacy	Pool
9:00-10:00 AM	Acquapole	Joslyn	Pool	9:30-10:30 AM	Cycle My Ride	Natalie	Cycle
9:30-10:30 AM	Vinyasa Yoga	Martha	Mind Body	10:30-11:30 AM	Power Pilates Fusion	Amanda	Main
9:45-10:45 AM	Kickboxing	Carrie	Main	11:30-12:10 PM	High Intensity Interval Training	Cynthia	Main
9:30-10:30 AM	Cycle My Ride	Natalie	Cycle	6:15-7:15 PM	Hi-Low	Afsoon	Main
10:45-11:15 AM	Core Conditioning	Carrie	Main	7:15-8:15 PM	Yoga Flow	Afsoon	Mind Body
5:30-6:30 PM	Cycle	Natalie	Cycle	7:30-8:30 PM	Zumba	Ona	Main
5:30-6:15 PM	High Intensity Interval Training	Amanda	Main	Saturday			
6:00-7:00 PM	Healthy Backs	Ronna	Mind Body	8:30-9:30 AM	Step 9th/30th HiLow 2nd/16th/23	Derrick/Afsoon	Main
6:30-7:30 PM	Power Aqua	Natalie	Pool	9:30-10:30 AM	Zumba	Conway/Stephanie H	Bball Court
6:30-7:30 PM	Cardio Kickboxing	Stacy	Main	9:30-10:30 AM	Cycle	Sandra	Cycle
7:30-8:30 PM	Powerflex Gold	Afsoon	Main	9:30-10:30 AM	Cardio Kickboxing	Stacy	Main
7:30-8:30 PM	Athletic Yoga	Sandra	Mind Body	10:30-11:30 AM	Aqua	Stacy	pool
Wednesday				10:45-12:00 AM	Maxx Fitter	Sandra	Main
8:30-9:30 AM	Boot Camp	Kelley	Main	11:00-12:00 PM	Better Backs	Ronna	Mind Body
9:30-10:30 AM	Aqua	Natalie	Pool	Sunday			
9:30-10:30 AM	Cardio Pump	Kelley	Main	9:30-10:30 AM	Cycle My Ride	Cynthia	cycle
9:30-10:30 AM	Yoga Flow	Martha	Mind Body	9:30-10:30 AM	BOB 3rd/24 Butts Guts 10th/17th	Stacy/Derrick	Main
10:30-11:30 AM	Zumba	Stephanie H	Main	10:30-11:30 AM	Ripped 3rd/24 The Mix 10th/17th	Stacy/Derrick	Main
5:00-6:00 PM	Power Mix	Derrick	Main	11:00-12:15 PM	Athletic Yoga	Sandra	Mind Body
6:00-7:00 PM	Powerflex	Amanda	Main	FOLLOW POWERHOUSE GYM NOVI FACEBOOK FOR UP TO THE MINUTE CLASS INFORMATION			
6:30-7:30 PM	Yin Yoga	Alexis	Mind Body	WWW.FACEBOOK.COM/POWERHOUSEGYMNOVI			
7:00-7:30 PM	Core Conditioning	Amanda	Main	FOR QUESTIONS REGARDING CLASSES PLEASE CONTACT AMANDA JUNCAJ			
7:00-8:00 PM	Cycle	Natalie	Cycle	248-344-7522 / AMANDA@POWERHOUSEGYM.COM			
7:30-8:30 PM	Pilates	Afsoon	Main				
7:30-8:30 PM	Zumba	Giavanna	Bball Court				