

POWERHOUSE GYM YPSILANTI

December

MONDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	Body Pump	Crystal
8:30 - 9:30 AM	Butts & Guts	Melissa
9:30 - 10:00 AM	Stretch & Foam roll	Melissa
10:00 - 11:00 AM	RPM	Melissa
5:30 - 6:30 PM	Body Pump	Flori
6:30 - 7:30 PM	Body Combat	Flori
7:45 - 8:45 PM	Insanity/Boof Camp Hybrid	Emily
TUESDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	RPM	Crystal
9:15- 10:15 AM	Zumba	Mandy
10:30 - 11:15 AM	RPM	Mandy
4:30 - 5:30 PM	BodyPump	Jen
5:30 - 6:30 PM	Body Flow	Donna
7:30 - 8:30 PM	Body Combat	Mel
WEDNESDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	Body Pump	Crystal
8:00 - 9:00 AM	Yoga	Melissa
9:00 - 10:00 AM	RPM	Melissa
10:00 - 10:30 AM	Fit Happens - HIIT style cardio	Melissa
10:30 - 11:30 AM	Body Pump	Mandy
5:30 - 6:00 PM	Grit Cardio	Jen
6:15 - 7:00 PM	RPM	Mandy
7:15 - 8:00 PM	Body Flow	Mandy
THURSDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	RPM	Crystal
9:00 - 9:45 AM	RPM	Mandy
10:00 - 10:45 AM	BodyFlow	Mandy
5:30 - 6:00 PM	GRIT Strength	Jen
6:15 - 7:00 PM	Strong	Jen & Flori
7:00 - 7:30 PM	CORE	Flori
7:30 - 8:30 PM	P90X	Emily
FRIDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	Body Pump	Crystal
8:00 - 9:00 AM	Barre	Melissa
9:00 - 9:45 AM	Body Pump	Mandy
10:00 - 11:00 AM	BodyFlow	Mandy
4:30 - 5:30 PM	Body Pump	Flori or Jen
5:30 - 6:30 PM	Zumba	Jen D & Maria
SATURDAY	CLASS	INSTRUCTOR
8:15 - 9:15 AM	Body Flow	Vicki
9:30 - 10:30 AM	Body Pump	Donna
10:30 - 11:30 AM	Zumba Step/ Zumba Toning	Jen D & Maria
11:30 - 12:30 PM	Body Combat	Mel
SUNDAY	CLASS	INSTRUCTOR
8:30 - 9:30 AM	Yoga	Lisa
9:30 - 10:30 AM	Body Combat	Flori
1030 - 11:00 AM	CORE	Flori
1:30 - 2:30 PM	Zumba	Jen D & Maria



24/7

Follow our Social Media!
 Facebook @ Powerhouse Gym Ypsilanti
 Instagram @ powerhousegymypsi

Please wipe equipment before
 and after each use.

Kids Zone Hours:
 Mon - Thurs 8AM - 12PM & 4PM - 9PM
 Friday 8AM - 12PM & 4PM - 8PM
 Saturday 8AM - 1PM

A limit of 20 people per class.

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