

POWERHOUSE GYM YPSILANTI			JAN
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	
11:30 - 12:00 PM	GRIT Athletic	Jen	
5:30 - 6:30 PM	Body Pump	Flori	
6:30 - 7:30 PM	Body Combat	Flori	
7:45 - 8:45 PM	HIIT Boot Camp	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	
5:30 - 6:30 pm	Body Pump	Donna	
6:30 - 7:30 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	Body Flow	Jen & Flori	
7:00 - 7:30 PM	CORE	Flori	
7:30 - 8:30 PM	P9OX	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	
5:00 - 5:30 PM	Zumba Toning	Jen D & Maria	
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	
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	

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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