

POWERHOUSE GYM YPSILANTI			November
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	
8:00 - 9:00 AM	Body Pump	Mel	
9:15- 10:15 AM	Zumba	Mandy	
10:30 - 11:15 AM	RPM	Mandy	
4:30 - 5:30 PM	Body Pump	Jen	
5:30 - 6:30 PM	Body Flow	Donna	
8:30 -9:30 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	
6:00-6:45 PM	RPM	Mandy	
7:00-7:45 PM	Body Flow	Mandy	
THURSDAY	CLASS	INSTRUCTOR	Follow our Social Media! Facebook @ Powerhouse Gym Ypsilanti Instagram @ powerhousegymypsi Please wipe equipment before and after each use.
5:30 - 6:30 AM	RPM	Crystal	
8:00 -9:00 AM	Body Pump	Mel	
9:00 - 9:45 AM	RPM	Mandy	
10:00 - 10:45 AM	BodyFlow	Mandy	
5:30 - 6:00 PM	GRIT Strength	Jen	
6:00 - 6:45 PM	Strong	Jen & Flori	
6:45 - 7:30 PM	Body Flow	Jen	
7:30 - 8:30 PM	P90X	Emily	
8:30 -9:30 PM	Body Combat	Mel	
FRIDAY	CLASS	INSTRUCTOR	Kids Zone Hours: Mon - Thurs 8AM - 12PM & 4PM - 9PM Friday 8AM - 12PM & 4PM - 8PM Saturday 8AM - 1PM A limit of 20 people per class.
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 & 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	
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	

