

| POWERHOUSE GYM YPSILANTI |             |               | May                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--------------------------|-------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY                   | CLASS       | INSTRUCTOR    | <br><br><p>Follow our Social Media!<br/> Facebook @ Powerhouse Gym Ypsilanti<br/> Instagram @ powerhousegymypsi</p> <p>Please wipe equipment before<br/> and after each use.</p> <p><b>13th, 27th</b><br/> <b>6th, 20th</b></p> <p><b><u>Kids Zone Hours:</u></b><br/> Mon - Thurs 8AM - 12PM &amp; 4PM - 9PM<br/> Friday 8AM - 12PM &amp; 4PM - 8PM<br/> Saturday 8AM - 1PM</p> <p>Masks are required for all indoor classes,<br/> A limit of 10 people per class.</p> |
| 5:30 - 6:30 AM           | Body Pump   | Crystal       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:00 - 10:00 AM          | Body Pump   | Melissa       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10:00 - 11:00 AM         | RPM         | Melissa       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 4:30 - 5:15 PM           | Body Attack | Jen           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:15 PM           | Body Pump   | Flori         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 6:30 - 7:30 PM           | Body Combat | Flori         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 7:45 - 8:45 PM           | Boot Camp   | Emily         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| TUESDAY                  | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 6:00 - 7:00 AM           | RPM         | Crystal       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:00- 10:00 AM           | Zumba       | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10:15 - 11:00 AM         | RPM         | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 4:30 - 5:15 PM           | BodyPump    | Jen           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:15 PM           | Body Flow   | Jen           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| WEDNESDAY                | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:30 AM           | Body Pump   | Crystal       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 8:30 - 9:30 AM           | RPM         | Melissa       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:30 - 10:30 AM          | Body Attack | Melissa       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10:30 - 11:30 AM         | Body Pump   | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 6:15 - 7:15 PM           | BodyFlow    | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 7:30 - 8:30 PM           | Insanity    | Emily         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| THURSDAY                 | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 6:00 - 6:45 AM           | RPM         | Crystal       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:00 - 9:45 AM           | RPM         | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10:00 - 10:45 AM         | BodyFlow    | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:30 PM           | Body Combat | Flori         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 7:30 - 8:30 PM           | P90X        | Emily         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 7:30 - 8:30 PM           | MetKon RX   | Emily         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| FRIDAY                   | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:30 AM           | Body Pump   | Crystal       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:00 - 9:45 AM           | Body Pump   | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 10:00 - 11:00 AM         | BodyFlow    | Mandy         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 4:30 - 5:30 PM           | Body Pump   | Jen/Flori     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 5:30 - 6:30 PM           | Zumba       | Jen D / Maria |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| SATURDAY                 | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 8:15 - 9:15 AM           | Body Flow   | Vicki         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:30 - 10:15 AM          | RPM         | Sharon        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| SUNDAY                   | CLASS       | INSTRUCTOR    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 8:30 - 9:30 AM           | Body Combat | Flori         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 9:30 - 10:30 AM          | Yoga        | Lisa          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 1:30 - 2:30 PM           | Zumba       | Jen D / Maria |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |





