

POWERHOUSE GYM YPSILANTI

June

MONDAY	CLASS	INSTRUCTOR
5:30 - 6:30 AM	Body Pump	Crystal
9:00 - 10:00 AM	Body Pump	Melissa
10:00 - 11:00 AM	RPM	Melissa
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
5:30 - 6:30 AM	RPM	Crystal
9:00- 10:00 AM	Zumba	Mandy
10:15 - 11:00 AM	RPM	Mandy
11:15 - 12:15 PM	Intro to Tai Chi / Qi Gong	Lisa
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
5:30 - 6:30 AM	RPM	Crystal
9:00 - 9:45 AM	RPM	Mandy
10:00 - 10:45 AM	BodyFlow	Mandy
6:00 - 7:00 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/Jen/Mel
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	Body Combat	Flori & Chrissy
9:30 - 10:30 AM	Yoga	Lisa
1:30 - 2:30 PM	Zumba	Jen D & Maria

AUGUST

24/7

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

Please wipe equipment before
and after each use.

5th, 19th
12th, 26th

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

A limit of 20 people per class.

