

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	
6:00 - 7:00 AM	RPM	Crystal	
9:00 - 10:00 AM	Zumba	Mandy	
10:15 - 11:00 AM	RPM	Mandy	
11:15 - 12:30 PM	Intro to T'ai 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	
6:00 - 6:45 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	8th, 22nd 1st, 15th, 29th
7:30 - 8:30 PM	MetKon RX	Emily	
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	
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	
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	