

POWERHOUSE

FITNESS GYM CENTER

FEBRUARY STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	Butts & Guts 9:15am – 10:00am Kelli B	Strictly Strength (upper) 9:30am - 10:15am Miranda	Cardio & Core 9:00am - 9:45am Kelli B	No AM Classes	Full Body Friday 9:30am – 10:15am Kelli B	PHG Bootcamp 9:00am - 9:45am Kelli P
	No PM Classes	Run & Row 6:00p – 6:45pm Miranda	Butts & Guts 5:30pm-6:15pm Kelli B	HIIT 5:15pm-6:00pm Kelli P Strictly Strength (lower) 6:15p – 7:00pm Miranda	No PM Classes	No PM Classes

Like Powerhouse Milford on Facebook for any updates or class changes throughout the month. A new schedule is posted the 1st of every month. If you have any questions, comments or suggestions, please feel free to contact us at Milford@PowerhouseGym.com or calling Powerhouse at 248.717.0088.

Class Descriptions

HIIT: 45 min of athletic based High Intensity Interval Training designed to push your body to the MAX. This class delivers Strength, Cardio, and endurance all in 1 format. All levels of fitness can take this class!

Strictly Strength: 45 mins of focusing strictly on strength training! Toning down the cardio but still upping that heart rate by challenging yourself to lift heavier & build muscle.

PHG Bootcamp: A mixed format of a complete body workout. We will get your heart pumping for max calorie burn and work upper and lower body with weights. We may be inside or outside and work in rotating stations!

Salute The Glutes: 30 minutes of glute focused exercises followed by 15 minutes of incline walking on the treadmill.

Butts & Guts: a special focus class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, high-impact workout.

Cardio & Core: A 45-minute challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated.

963 E. Summit St
Milford, MI 48381

248.717.0088
www.powerhousegym.com/milford

OPEN: 24 Hours/7 Days
Monday - Thurs 8am – 9p
Friday 8am – 7pm
Saturday & Sunday 9am–5pm
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