

# POWERHOUSE

## FITNESS GYM CENTER

### JULY STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	No AM Classes	No AM Classes	No AM Classes	Foundational Strength 8:00am-8:45am <i>Hadley</i>	HIIT 9:15am-10:00am <i>Miranda</i>	8:30am-9:15am PHG Bootcamp <i>Kelli</i>
	Vinyasa Yoga 7:00pm – 8:00pm <i>Logan</i>	Full Force 6:30-7:15 pm <i>Jessica Lea</i>	HIIT 6:00pm-6:45pm <i>Miranda</i>	Cardio & Core 5:30pm-6:15pm <i>Kelli</i>  Slow Burn Yoga 7:15pm – 8:15pm <i>Logan</i>	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 1<sup>st</sup> of every month. If you have any questions, comments or suggestions, please feel free to contact us at [Milford@PowerhouseGym.com](mailto:Milford@PowerhouseGym.com) or calling Powerhouse at 248.717.0088.

### Class Descriptions

**Foundational Strength:** This class is for all skill levels. It focuses on building/maintaining a solid base of strength, mobility & stability necessary for everyday life as well as maximizing results in the gym. Focus is also on typical underactive muscles such as glutes & core as well as building whole body strength.

**Cardio & Core:** A mixture of HIIT Cardio with a focus on abs!

**HIIT:** 45 minutes 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!

**slow burn YOGA:** Fundamental movements of Yoga. Focus on increasing overall flexibility, total body strength and core strengthening. Power, flow, and restorative. slower paced for any of those who may be new to yoga.

**Vinyasa Yoga:** Body sculpting exercises performed in a slightly heated room, focusing on building core strength and muscular endurance. This is a low impact and high intensity strength yoga class.

**FULL FORCE:** A perfect combination of endurance strength training mixed with cardio intervals that are sure to get your heart pumping.

963 E. Summit St  
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248.717.0088

[www.powerhousegym.com/milford](http://www.powerhousegym.com/milford)

OPEN: 24 Hours/7 Days

Monday - Thurs 8am – 9p

Friday 8am – 7pm

Saturday 8am–4pm, Sun 9am-4pm

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