

POWERHOUSE

FITNESS GYM CENTER

JULY STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	<p>Butts & Gutts 9:00am – 9:45am Kelli B</p> <p>Strength & Stretch 10:30am – 11:15am Piper</p>	<p>Strictly Strength 9:00am – 9:45am Kelli B</p>	<p>Cardio & Core 8:30am - 9:15am Kelli B</p> <p>Strictly Stretch 9:15am – 9:45am Kelli B</p> <p>Plyo 10:30am – 11:15am Piper</p>	<p>Strength & Stretch 10:30am – 11:15am Piper</p>	<p>Strictly Strength 9:30am – 10:15am Kelli P</p>	<p>PHG Bootcamp 9:00am - 9:45am Kelli P</p>

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

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!

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.

Yoga Stretch: an active stretching class that targets primary muscle groups surrounding the hips, hamstrings and upper and lower back. Great for people who are just starting out with yoga, seniors, or anyone who is looking for a gentle stretch 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.

Strength & Stretch: 30 min full body weight class followed by 15 minutes stretching.

Plyo: Focuses using just your body to get a full workout, burn calories, and get a good sweat!

963 E. Summit St
Milford, MI 48381

248.717.0088

www.powerhousegym.com/milford

OPEN: 24 Hours/7 Days

Staffed Hours

Monday - Thurs 8am – 9pm

Friday 8am – 7pm

Saturday & Sunday 9am–5pm

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