

# POWERHOUSE

## FITNESS GYM CENTER

### MARCH STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	Butts & Guts 9:00am – 9:45am <b>Kelli B</b>  Yoga Stretch 9:45am – 10:30am <b>Kelli B</b>	Strictly Strength 9:30am – 10:15am <b>Miranda</b>	Cardio & Core 8:30am - 9:15am <b>Kelli B</b>  Yoga Stretch 9:15am – 10:00am <b>Kelli B</b>	No AM Classes	Cardio & Core 9:15am – 10:00am <b>Kelli B</b>	PHG Bootcamp 9:00am - 9:45am <b>Kelli P</b>
	No PM Classes	HIIT 6:15pm-7:00pm <b>Kelli B</b>	PHG Bootcamp 5:45pm – 6:30pm <b>Kelli P</b>	HIIT 6:15pm-7:00pm <b>Kelli B</b>	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

**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!

**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.

963 E. Summit St  
Milford, MI 48381

248.717.0088

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