

POWERHOUSE

FITNESS GYM CENTER

OCTOBER STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	Shred The Tread 8:45am – 9:15am Miranda	Strictly Strength Lower 8:30am - 9:15am Miranda	Strictly Strength Upper 8:30am - 9:15am Miranda	No AM Classes	HIIT 8:30am – 9:15am Miranda	PHG Bootcamp 8:30am - 9:15am Kelli
	PHG Bootcamp 5:45pm - 6:30pm Kelli Vinyasa Yoga 7:00pm – 8:00pm Logan (No Class 10/4 & 10/11)	Rock n' Row 6:30pm-7:15pm Miranda	No PM Classes	HIIT 6:15pm-7:00pm Miranda Slow Burn Yoga 7:15pm – 8:15pm Logan (No Class 10/7 & 10/14)	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

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
Milford, MI 48381

OPEN: 24 Hours/7 Days
Monday - Thurs 8am – 9p