

POWERHOUSE

FITNESS GYM CENTER

MAY STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	No AM Classes	No AM Classes	No AM Classes	Foundational Strength 9:30am-10:15am <i>Hadley</i>	HIIT 9:15am-10:00am <i>Miranda</i>	PHG Bootcamp 8:30am-9:15am <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> Slow Burn Yoga 7:00pm – 8:00pm <i>Logan</i>	Foundational Strength 5:30pm-6:15pm <i>Hadley</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 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.

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.

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 Milford, MI 48381
 248.717.0088
www.powerhousegym.com/milford

OPEN: 24 Hours/7 Days
 Monday - Friday 7am – 9pm
 Saturday 9am – 5pm, Sun 9am-5pm
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