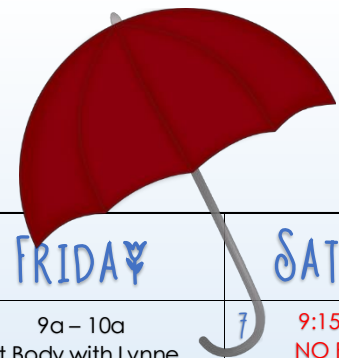


APRIL

Group Fitness Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:45a – 9:45a NO Align & Define 10a – 11a NO Yoga 5:30p – 6:30p Turbo Kick with Denise 7p – 8p NO Burn	3 5:30a – 6:15a NO Dirty 30 6:45p – 7:45p NO Align & Define	4 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne 7p – 8p No Circuit	5 5:30a – 6:15a NO Dirty 30 6:45p – 7:45p NO Fire Yoga	6 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne	7 9:15a – 10:15a NO Firm & Burn
8	9 8:45a – 9:45a Align & Define with Angie 10a – 11a Yoga with Angie 5:30p – 6:30p Turbo Kick with Denise 7p – 8p Burn with Wendi	10 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Align & Define with Angie	11 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne 7p – 8p Circuit with Wendi	12 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Fire Yoga with Katja	13 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne	14 9:15a – 10:15a Firm & Burn with Wendi
15	16 8:45a – 9:45a Align & Define with Angie 10a – 11a Yoga with Angie 5:30p – 6:30p NO Turbo Kick 7p – 8p Burn with Wendi	17 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Align & Define with Angie	18 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne 7p – 8p Circuit with Wendi	19 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Fire Yoga with Katja	20 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne	21 9:15a – 10:15a Firm & Burn with Wendi
22	23 8:45a – 9:45a Align & Define with Angie 10a – 11a Yoga with Angie 5:30p – 6:30p Turbo Kick with Denise 7p – 8p Burn with Wendi	24 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Align & Define with Angie	25 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne 7p – 8p Circuit with Wendi	26 5:30a – 6:15a Dirty 30 with Chelsea 6:45p – 7:45p Fire Yoga with Katja	27 9a – 10a Fit Body with Lynne 10a – 11a Pilates with Lynne	28 9:15a – 10:15a NO Firm & Burn
29	30 8:45a – 9:45a Align & Define with Angie 10a – 11a Yoga with Angie 5:30p – 6:30p Turbo Kick with Denise 7p – 8p Burn with Wendi	   Find us on Social Media! 734.241.6130 www.gomadfitness.com		See backside for class descriptions!		 GO MAD. FITNESS <i>Make A Difference!</i>

CLASS DESCRIPTIONS

Burn with Wendi

A high energy class that uses interval training to maximize fat loss, torch calories fast, build endurance and boost your metabolism!

Circuit with Wendi

A circuit of 8-10 unique exercises that build strength, create endurance and torch calories followed by a 2-5 minute cardio blast. Three rounds with an ab and stretch session at the end.

Firm & Burn with Wendi

Build muscle while burning fat. Weight training using free weights and your own bodyweight combined with light cardio to maximize fat loss and boost your metabolism.

Pilates with Lynne

This class will strengthen and tone your arms, abs, glutes and thighs through a variety of controlled, low impact exercises. After working a muscle, stretching will lengthen your muscles and improve your flexibility. Most moves will require only your own bodyweight, while some will incorporate light free weights and resistance bands. Variations for beginners to experienced provide a great workout for all.

Fire Yoga with Katja

Introducing the fundamental principles of yoga in a faster, upbeat way with heavy core focused stretches and movements. Any fitness levels are welcome! Variations will be introduced to accommodate all fitness levels.

Yoga with Angie

A vinyasa style yoga class that connects breath with movement and incorporates balance, inversion and stretching. This style of yoga provides postures that are strung together in a short or longer flow and requires the mind to stay focused in the present.

Fit Body with Lynne

Designed for all fitness levels and ages, this class will work on your legs, arms, glutes and abs with free weights and a mat.

Align & Define with Angie

This circuit style format offers you a total body workout using body-weight and free-weights to help target overall strength, flexibility and core conditioning. This is a great way to help tone your body as well as build muscle and burn calories for an aligned and defined you.

Turbo Kick with Denise

Join the ultimate cardio kickboxing party! Turbo Kick is a high-energy class that packs in a unique blend of kickboxing moves, calorie-blasting HITT training, bodyweight exercises and a relaxing cool down – all set to the hottest music mixes. Burn up to 1,000 calories in an hour and leave every class dripping sweat. Get ready to kick, jab, uppercut and “get hooked” on this high-energy class. Turbo Kick requires NO previous kickboxing experience. All ages and fitness levels are welcome!

Dirty 30 with Chelsea

It's a race against time! A 30-minute high intensity workout consisting of two timed circuits. See how many times you can lap each circuit in the allotted time! This HITT based class is meant to burn a large number of calories in the least amount of time, while building lean muscle and torching fat!