

October 2020 Fitness Classes in the Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance	7 am – Rise & Shine #1 10 am – Tai Chi 11 am – Tai Chi	
4	5	6	7	8	9	10
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #1 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance	7 am – Rise & Shine #1 10 am – Tai Chi 11 am – Tai Chi	
11	12	13	14	15	16	17
	7 am – Rise & Shine #1 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #1 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance	7 am – Rise & Shine #1 10 am – Tai Chi 11 am – Tai Chi	

**Registration is required through *MyActiveCenter* (preferred) or by calling
248.608.0251 on Tuesday or Thursday 9 am – 2 pm
*Register Early - Limited capacity***

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19	20	21	22	23	24
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 11:30 am – Low Impact 10:30 am – Body Strong 12:30 pm – Core Strength 1:15 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance	7 am – Rise & Shine #2 10 am – Tai Chi 11 am – Tai Chi	
25	26	27	28	29	30	31
	7 am – Rise & Shine #2 8:30 am – Strength/Length/Bal 10:30 am – Functionally Fit 11:30 am – Tang Soo Do 1 pm - Zumba	7 am – Sunrise Yoga 8:30 am – Muscular End. 9 am – Bike (outdoors) 9:30 am – Cycling 10:30 am – Body Strong 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance 4 pm – Tai Chi 6 pm – Restorative Yoga	7 am – Rise & Shine #2 8:30 am – Stretch & Balance 10:30 am – Functionally Fit	7 am – Sunrise Yoga 8:30 am – Muscular End. 9:30 am – Cycling 10:30 am – Body Balance 11:30 am – Low Impact 12:30 pm – Core Strength 1:15 pm – Resist/Balance	7 am – Rise & Shine #2 10 am – Tai Chi 11 am – Tai Chi	

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