

WOLVERINE WORLD WIDE FAMILY

6555 JUPITER AVENUE, BELMONT, MI 48306 • 616.363.3000



# GROUP EXERCISE SCHEDULE

August 2nd - September 13th 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	HR OF POWER 5:05-6:00AM HEIDI		HR OF POWER 5:05-6:00AM LAURA			
AGELESS ATHLETES 8:00-8:55AM RENEE	YOGA 8:35-9:30AM Spin Studio TERRI R.	AGELESS ATHLETES 8:00-8:55AM NIAH		STRETCH & FLEX 8:00-8:55AM RENEE	CARDIO SCULPT 8:15-9:00AM ROTATION	
	HR OF POWER 8:35-9:30AM LAURA		YOGA 8:35-9:25AM TERRI W		CORE 9:00-9:15AM ROTATION	
ADVANCED STEP 9:00-9:55AM LAURA	CARDIO KICK 9:35-10:30AM LAURA	ZUMBA 9:15-10:15AM NIAH	CARDIO SCULPT 9:30-10:15AM TERRI W	STEP/SCULPT 9:30-10:15AM JULIE	POWERFLEX 9:30-10:25AM ROTATION	
BODY SCULPT 10:00-10:30AM Kelly J.		YOGA STRENGTH 10:20-11:15AM TERRI W	CORE 10:15-10:30AM TERRI W	CORE 10:15-10:30AM JULIE	PILATES 9:35-10:25AM Community room NATALIE	
CORE/STRETCH 10:35-11:00AM Kelly J.			POWERFLEX 10:35-11:30AM JULIE	LGA 10:35-11:15AM JULIE		
					ZUMBA 10:30-11:30AM NATALIE	YOGA 1:15 - 2:15PM EMILY
HR OF POWER 4:35-5:30PM TERRI W						HR OF POWER 2:15-3:10pm LAURA
BEGINNER YOGA Spin Studio 5:35:-6:00 TERRI W			Awesome Arms 5:00-5:30PM LAURA			CARDIOKICK 3:15-4:15 LAURA
CARDIOKICK 5:35-6:30PM LAURA	LGA 5:30-6:00PM JULIE	ZUMBA 5:35-6:30PM NATALIE	CARDIO KICK 5:35-6:30PM LAURA			
	STEP SCULPT 6:00-6:45PM JULIE		BEGINNER YOGA 6:35:-7:00 LAURA			
ZUMBA 6:35-7:30PM NATALIE	CORE 6:45-7:00PM JULIE	HR OF POWER 6:35-7:30PM NATALIE				
POWER YOGA 7:35-8:30PM MARLA	BEGINNER STEP 7:05-7:30PM JULIE	YOGA 7:35-8:30PM EMILY				

Note: All classes are subject to change. Last revised 7-26-2010

# SPINNING®

**August 2nd - September 13th 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPIN 5:05-5:50 AM RENEE		SPIN 5:05-5:55 am AARON		SPIN 5:05-5:50AM HEIDI		
	SPIN 6:00-6:45AM AMANDA		SPIN 6:00-6:45AM AARON			
					SPIN 7:05-8:00AM ROTATION	
SPIN 9:30-10:00AM Kelly T		SPIN 9:30-10:15AM TERRI W		SPIN 9:30-10:15AM LAURA		
	Beginner Spin 9:30-10:00 AM April		Beginner Spin 9:30-10:00 AM April			
	SPIN 6:00-6:45PM NATALIE					
Beginner Spin 6:30-7:00 pm Laura		Beginner Spin 6:30-7:00 pm				

*Note: All classes are subject to change. Last revised 7-26-2010*

*Spinning® classes are limited to 35 participants.\* Studio will be closed the week of*  
**AUGUST 21ST-30TH**



