

BTSS GROUP FITNESS SCHEDULE -SPRING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & BALANCE 8:00-8:45	S.G.P.T. 7:30-8:30		S.G.P.T. 7:30-8:30	TRX EXPRESS 8:15-8:45
LABLAST DANCE FITNESS 9:00-10:00	CARDIO, CORE & CONDITIONING 9:00-10:00	TRX EXPRESS 8:15-8:45	ZUMBA +ZUMBA TONING 9:00-10:00	STRENGTH & BALANCE 9:00-10:00
BARRE BALANCE 10:30-11:15	GENTLE MOVES YOGA 10:15-11:15	STRENGTH & BALANCE 9:00-10:00	GENTLE MOVES YOGA LVL 1 10:15-11:15	MINDFUL MOVEMENT PILATES 10:15-11:15
CHAIR YOGA 1130-12:30	BARRE BALANCE 11:30-12:15	TAI CHI CONTINUING 10:30-11:15	GENTLE BACKS & BALANCE 11:30-12:15	S.G.P.T. 11:30-12:30
SGPT 12:45-1:45	S.E.A.T 12:30-1:15	AGELESS YOGA 11:30-12:20	S.E.A.T. 12:30-1:15	CHAIR YOGA 12:45-1:30
TAI CHI BEGINNING 2:00-3:00	GENTLE STRETCH 1:30-2:00	BARRE BALANCE 12:45-1:30	PILATES FUSION 1:30-2:15	MINDUL MEDITATION 1:45-2:15
	CHAIR CARDIO 2:15 - 2:45		TOTAL BODY EXPRESS 2:30-3:15	
ZUMBA 5:15-6:00		ZUMBA 5:15-6:00		<i>BB 2/3/2026</i>

TO PROTECT THE EQUIPMENT AND FLOORING, PLEASE CARRY IN YOUR CLEAN WORKOUT SHOES.

Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?

Contact: Fitness Coordinator, Amanda Dupree ADupree@bloomfieldtwpmi.gov