

BTSS GROUP FITNESS SCHEDULE - LAND - FALL 2024 (SEPT/OCT/NOV)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S.G.P.T. = H 7:30 - 8:30 (MB)		S.G.P.T. = H 7:30 - 8:30 (MB)		
LABLAST DANCE FITNESS -+ABS= L 9:00-10:00 (DT)	CARDIO, CORE & CONDITIONING = L 9:00 - 10:00 (DE)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (MB)	CARDIO DANCE = H 9:00 - 10:00 (MB)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (LF)	
BARRE BALANCE = L 10:30-11:15 (DT)	GENTLE MOVES YOGA (LEVEL 2) = H 10:30 - 11:30 (MB)	TAI CHI CONTINUING = L 10:30-11:15 (HW)	GENTLE MOVES YOGA = H 10:30 - 11:30 (LM)	MINDFUL MOVEMENT PILATES = L 10:15-11:15 (AK)	
CHAIR YOGA = H 11:30 - 12:30 (DT)	MEDITATION = H 11:45-12:15 (MB)	AGELESS YOGA = L 11:30 - 12:20 (KL)		S.G.P.T. = L 11:30-12:30 (LF)	
DRUM HAPPY= L 1:00-1:45 (MP)	YOGA FOR BACK & SHOULDERS = L 1:00-2:00 (CM)	BARRE BALANCE = L 12:45 - 1:30 (DT)	PICKLEBALL CONDITIONING = H 12:00-12:45 (BS)	GOLF CONDITIONING = H 1:00-1:45 (BS)	
TAI CHI BEGINNING=L 2:00-3:00 (HM)	S.E.A.T. = L 1:30-2:15 (BS)	NO FLEXION PILATES = L 1:45-2:45 (AK)	S.E.A.T. = L 1:30-2:15 (LM)		
ZUMBA/LABLAST®= V 5:15 - 6:00 (MP)		ZUMBA/LABLAST® = V 5:15 - 6:00 (MP)			7/30/24BS

V = VIRTUAL ONLY
H = HYBRID
L = LIVE ONLY

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

Contact our Fitness Coordinator Maggie Barclay at mbarclay@bloomfieldtwp.org, Becca Smith at bsmith@bloomfieldtwp.org, or call 248-723-3500

TO PROTECT THE EQUIPMENT AND FLOORING, PLEASE CARRY IN (DO NOT WEAR IN) YOUR CLEAN WORKOUT SHOES.



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