

1 on 1 PERSONAL TRAINING - One hour session with a personal trainer, focusing on personalized attention to your health & fitness goals.

AGELESS YOGA - Find balance, strength & flexibility using standing yoga postures with the support of a chair. Class begins and ends with a seated meditation. No floor postures.

BALANCE & STABILITY -

CARDIO DANCE PARTY - Simple dance moves intertwined with fitness moves for a head to toe fun workout experience. Fun music of all styles.

CHAIR YOGA - Connect gentle body movements with your breathing working to gain strength flexibility, and balance in seated and optional standing postures using a chair for support. All levels.

BALANCE & STABILITY - Move through mindful movements that wake up your stabilizers to help with balance and fall prevention.

BARRE BALANCE - Standing class using the bar for balance & gentle strength training. May also incorporate some basic ballet moves at the barre. Must be able to stand with light touch to barre.

CARDIO CORE & CONDITIONING - Low impact aerobics improve coordination and balance with easy to follow patterns and movements, while muscle training increase strength & endurance. Abdominal work focuses on core girdle.

CARDIO DANCE PARTY - Simple dance moves intertwined with fitness moves for a head to toe fun workout experience. Fun music of all styles.

CORE CONDITIONING - Fun effective class that focuses on strengthening & toning your core. Designed to improve posture, balance, and strength. All fitness levels are welcome.

DRUM HAPPY - Seated drumming to a variety of music, enhancing sensory and motor skills while bringing joy and fun to everyone!

FULL BODY EXPRESS - Move through mindful movements that wake up your stabilizers to help with balance and fall prevention.

GENTLE MOVES YOGA 1 & 2 - Basic yoga poses, strengthen your core & improve balance. Practice simple relaxation/meditation techniques. Must be able to transition to the floor.

GENTLE STRETCH - Guided stretches designed to release tension, enhance muscle elasticity and improve range of motion. Perfect for all fitness levels.

LABLAS DANCE - Program based on the basic patterns of Ballroom Dancing! Done partner free, it covers every style of dancing, such as waltz, tango, foxtrot, swing dances and more! Weight work is integrated into some dances to give full body fun workout. Developed by 3 times world ballroom champion Louis Van Amstel and presented to you by Michigan Master Trainer Donna Tomassi

MINDFUL MOVEMENT PILATES - Create a better mind/body connection through core focused exercises that will lengthen and strengthen your body. Pilates will meet you wherever you are on your fitness journey! Exercises can be modified.

PILATES EXPRESS - PE is a quick targeted format delivering all the benefits of Pilates in just 45 min.

POWER HOUR - Power hour is a fun filled hour of strength, cardio and Pilates inspired movements, stimulate the brain, speed up tactical reaction and improve visual memory all while burning calories and having fun!

S.E.A.T. - Supportive Exercise & Ability Training! Chair assisted workout encompassing cardio, strength, agility & balance. Lots of variety and fun in a socially engaging environment.

SMALL GROUP PERSONAL TRAINING (S.G.P.T.) - Personalized attention within a group may help you reach your specific health & fitness goals. Class is limited in size. All fitness levels.

Strength & Balance L1 - Work on overall health seated or standing, with modifications if needed. Strengthen your heart with interval training and work toward total body balance and strength through various training modalities using bands, weights, and more. Great alternative to Strength and Balance level 2

STRENGTH & BALANCE - LEVEL 2 - Class is performed standing and on the floor using hand weights, stability balls, foam rollers and your own body weight. Advanced level class - must be able to balance on stability ball and move from standing to floor.

TAI CHI CHUAN - Tai Chi Chuan enhances balance and body awareness with slow, gentle, graceful & precise movements. Beginners and Continuing

ZUMBA® - Fuses hypnotic Latin & international rhythms with simple moves to create a dynamic workout system that's fun and easy to do! All fitness levels welcome.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & BALANCE = L (LEVEL 1) 8:00-8:45 (AD)	S.G.P.T. = L 7:30-8:30 (JS)	LOWER BODY EXPRESS =L 7:15-7:45 (JS)	S.G.P.T. = L 7:30-8:30 (JS)	UPPER BODY EXPRESS = L 7:15-7:45 (AD)
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 (AD)	CARDIO DANCE PARTY = L 9:00-10:00 (TF)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (LF)
BARRE BALANCE = L 10:30-11:15 (DT)	GENTLE MOVES YOGA (LEVEL 2) = H 10:15-11:15 (JV)	TAI CHI CONTINUING = L 10:30-11:15 (HW)	GENTLE MOVES YOGA = H 10:15-11:15 (LM)	MINDFUL MOVEMENT PILATES = L 10:15-11:15 (AK)
CHAIR YOGA = H 11:30-12:30 (DT)	BARRE BALANCE =L 11:30-12:15 (EB)	AGELESS YOGA = L 11:30-12:20 (KL)	CORE CONDITIONING 11:30-12:15 (AD)	S.G.P.T. = L 11:30-12:30 (LF)
DRUM HAPPY= L 1:00-1:45 (MP)	GENTLE STRETCH = L 12:30-1:00 (EB)	BARRE BALANCE = L 12:45-1:30 (DT)	S.E.A.T. = L 12:30-1:15 (LM)	CHAIR YOGA = L 12:45-1:30 (JV)
TAI CHI BEGINNING=L 2:00-3:00 (HM)	S.E.A.T. = H 1:30-2:15 (BS)	BALANCE & STABILITY =L 1:45-2:45 (AD)	PILATES EXPRESS = H 1:30-2:15 (JV)	POWER HOUR = L 2:00-3:00 (AD)
			<div style="border: 2px solid black; padding: 5px; text-align: center;"> V = VIRTUAL ONLY H = HYBRID L = LIVE ONLY </div>	
ZUMBA/LABLAST®= V 5:15-6:00 (MP)		ZUMBA/LABLAST® = V 5:15-6:00 (MP)		
				6/30/25 BB

Fitness Coordinator, Amanda Dupree at adupree@bloomfieldtwp.org,
or Associate Fitness Coordinator, Jason Schaefer at jschaefer@bloomfieldtwp.org

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