

BTSS GROUP FITNESS SCHEDULE - LAND - SUMMER (JUN/JUL/AUG)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S.G.P.T. = L 7:30 - 8:30 (MB)	INDOOR CIRCUIT TRAINING = L 7:30 - 8:30 (BS)	S.G.P.T. = L 7:30 - 8:30 (MB)	CARDIO KICKBOXING & CORE = H 8:00-8:45 (BS)	
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 (BS)	
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 = H 10:15-11:15 (AK)	
OUTDOOR CIRCUIT = L 10:30-11:30 (MB)		WALK TRAINING = L 10:30-11:30 (MB)	DRUM HAPPY = L 12:00-12:45 (BS)	S.G.P.T. = L 11:30-12:30 (LF)	
CHAIR YOGA = H 11:30 - 12:30 (DT)	S.E.A.T. = L 1:30-2:15 (BS)	AGELESS YOGA = L 11:30 - 12:20 (KL)	S.E.A.T. = L 1:30-2:15 (LM)	LABLAST DANCE CHAIR = L 1:00-1:45 (KL)	
S.E.A.T. LEVEL 2 = L 1:00-1:45 (BS)		BARRE BALANCE = L 12:45 - 1:30 (DT)			
TAI CHI BEGINNERS = L 2:00-3:00 (HM)		NO FLEXION PILATES = L 1:45-2:45 (AK)			
			V = VIRTUAL ONLY H = HYBRID L = LIVE ONLY		
ZUMBA/LABLAST® = V 5:15 - 6:00 (MP)		ZUMBA/LABLAST® = V 5:15 - 6:00 (MP)			06.06.2024 BJM

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.

