



Pierson Road YMCA  
September 6th - October 6th

5219 W. Pierson Road  
Flushing Michigan, MI 48433  
(810) 732-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Group Cycling</b> Group Cycling Donita P. 5:15am - 6:15am	<b>Amped Up</b> Group Exercise Melissa M. 5:10am - 6:10am	<b>Cardio Sculpt</b> Group Exercise Melissa M. 5:10am - 6:10am	<b>Amped Up</b> Group Exercise Melissa M. 5:10am - 6:10am			
7am						<b>Boot Camp</b> Group Exercise Christel D. 7am - 8am	
8am						<b>Step</b> Group Exercise Sue Ann C 8:15am - 9:15am	
9am	<b>Double Trouble</b> Group Exercise Tiffany P. 9am - 10am	<b>Boot Camp</b> Group Exercise Rosleen H. 9am - 10am	<b>Step</b> Group Exercise Rosleen H. 9am - 10am	<b>Cycle/Sculpt</b> Group Cycling Rosleen H. 9am - 10am	<b>Fitness Intervals</b> Group Exercise Sue Ann C 9am - 10am	<b>Muscle Conditioning</b> Group Exercise Sue Ann C 9:15am - 9:45am	
		<b>Group Cycling</b> Group Exercise Suzanne D. 9am - 10am		<b>Interval Sculpt</b> Group Exercise Tiffany P. 9am - 10am			
10am	<b>Stretch &amp; Flex</b> Group Exercise Suzanne D. 10:15am - 11:15am	<b>Yoga</b> Group Exercise Suzanne D. 10:15am - 11:15am	<b>Interval Sculpt</b> Group Exercise Tiffany P. 10:15am - 11:15am	<b>Yogalates</b> Group Exercise Tiffany P. 10:15am - 11:15am	<b>Beginner Step</b> Group Exercise Sue Ann C 10:15am - 11:15am		
11am	<b>Beginner Tai Chi Level 1</b> Group Exercise Gloria K 11:30am - 12:15pm	<b>Tai Chi Yang 24</b> Group Exercise Gloria K 11:30am - 12:15pm	<b>Functional Fitness</b> Group Exercise Suzanne D. 11:30am - 12:15pm		<b>Tai Chi Yang 24</b> Group Exercise Gloria K 11:30am - 12:15pm		
6pm	<b>Group Cycling</b> Group Cycling Marie W. 6:30pm - 7:30pm	<b>Boot Camp</b> Group Exercise Kathy R. 6pm - 7pm					
7pm	<b>Zumba</b> Group Exercise Marquita A. 7pm - 8pm	<b>Vinyasa Yoga</b> Group Exercise Samantha B. 7:15pm - 8:15pm	<b>Zumba</b> Group Exercise Marquita A. 7pm - 8pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Pierson Road YMCA

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**Amped Up** - High Intensity, high impact workout that combines weights and cardio to rev up your day & your body!

**Beginner Step** - Sweat it off with simpler steps. Great for beginners and end with a low intensity class focusing on range of motion and light strength training.

**Beginner Tai Chi Level 1** - No Tai Chi experience is required. This class is designed to help decrease stress, increase balance and improve flexibility. We will be learning Tai Chi for Arthritis. Join us to relax, breathe deeply and experience what Tai Chi can do for you.

**Boot Camp** - Build Strength and endurance in this station to station exercise format. Fun and Challenging!

**Cardio Sculpt** - Combines both the benefits of low to high cardio and whole body muscle conditioning. Have fun while using an interval-type pattern of exercising using Dumbbells, exercise balls, body weight and resistance tools. Knock out two workouts in one class!

**Cycle/Sculpt** - A great fat burning spinning class that incorporates a HIIT workout off the bike! Fun music and great energy to burn fat and sculpt muscles! All fitness levels welcome.

**Double Trouble** - Two instructors mix it up during a step class for twice the fun!

**Fitness Intervals** - A high energy workout that incorporates resistance, intervals, power, plyometric, and endurance. Guaranteed to challenge your body!

**Functional Fitness** - A class geared towards seniors but we welcome everyone! This class will help with the strength and functional aspects of ADL's (Activities of Daily Living).

**Group Cycling** - An indoor cycling class. Each class will be led by a motivating instructor and accompanied by upbeat music to give you an experience you won't soon forget. It will challenge and strengthen your cardiovascular system to the fullest extent.

**Interval Sculpt** - A total body conditioning class combining bursts of cardio and strength training, focusing on building lean, long muscles.

**Muscle Conditioning** - Muscle conditioning class to target major muscle groups using free weights, bands, and balls. Burn calories while gaining lean muscle, increasing strength and endurance.

**Step** - A choreographed cardio and strength based class using an elevated platform to increase the intensity of the workout.

**Stretch & Flex** - A low intensity class focusing on range of motion and light strength training. For Health Seekers and Active Older Adults.

**Vinyasa Yoga** - This class will take you through a series of poses that will move you in a smooth manner, through the power of inhaling and exhaling in a dance-like fluid motion.

**Yoga** - Strength, flexibility and balance with emphasis on intermediate/advanced poses.

**Yogalates** - This class will combine the Yoga and Pilates principals into one relaxing and fun class.

**Zumba** - Latin Rhythms and easy to follow moves to create a one-of-a kind fitness program.