Try our FREE classes!

May

Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30a – 10:30a M.A.D. Yoga with Kristen 5:45p - 6:45p M.A.D H.I.I.T. with Laura 7p - 8p M.A.D. Burn with Wendi	2 5:30a - 6:15a M.A.D. Mix with Tad	3 9a - 10a M.A.D Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne 7p - 8p M.A.D. Circuit with Wendi	4 5:30a – 6:15a M.A.D. Mix with Tad 8p – 9p M.A.D. Zumba with Katja	5 9a - 10a M.A.D. Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne	6 9:15a - 10:15a Firm & Burn with Wendi (back room) 9a – 10a W.O.W Class WOMEN ONLY with Michele (main floor)
7	8 9:30a – 10:30a M.A.D. Yoga with Kristen 5:45p - 6:45p M.A.D H.I.I.T. with Laura 7p - 8p M.A.D. Burn with Wendi	9 5:30a - 6:15a M.A.D. Mix with Tad	10 9a - 10a M.A.D Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne 7p - 8p M.A.D. Circuit with Wendi	11 5:30a – 6:15a M.A.D. Mix with Tad 8p – 9p M.A.D. Zumba with Katja	12 9a - 10a M.A.D. Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne	13 9:15a - 10:15a Firm & Burn with Wendi (back room) 9a – 10a W.O.W Class WOMEN ONLY with Michele (main floor)
14	15 9:30a – 10:30a M.A.D. Yoga with Kristen 5:45p - 6:45p M.A.D H.I.I.T. with Laura 7p - 8p M.A.D. Burn with Wendi	16 5:30a - 6:15a M.A.D. Mix with Tad	17 9a - 10a M.A.D Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne 7p - 8p M.A.D. Circuit with Wendi	18 5:30a – 6:15a M.A.D. Mix with Tad 8p – 9p M.A.D. Zumba with Katja	19 9a - 10a M.A.D. Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne	20 9:15a - 10:15a Firm & Burn with Wendi (back room) 9a – 10a W.O.W Class WOMEN ONLY with Michele (main floor)
21	22 9:30a – 10:30a M.A.D. Yoga with Kristen 5:45p - 6:45p M.A.D H.I.I.T. with Laura 7p - 8p M.A.D. Burn with Wendi	23 5:30a - 6:15a M.A.D. Mix with Tad	24 9a - 10a M.A.D Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne 7p - 8p M.A.D. Circuit with Wendi	25 5:30a – 6:15a M.A.D. Mix with Tad 8p – 9p M.A.D. Zumba with Katja	26 9a - 10a M.A.D. Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne	27 NO CLASSES
28	29 NO CLASSES 	30 5:30a - 6:15a M.A.D. Mix with Tad	31 9a - 10a M.A.D Fit Body with Lynne 10a - 11a M.A.D. Pilates with Lynne 7p - 8p M.A.D. Circuit with Wendi	See backside for class descriptions! (734) 241-6130 www.gomadfitness.com		

Go M.A.D. FITNESS™
Make A Difference!

Class Descriptions:

M.A.D. Zumba
A fun Latin inspired dance class for all fitness levels! Come burn calories while having some fun!

M.A.D. Burn
A high energy class that uses interval training to maximize fat loss, torch calories fast, build endurance and boost your metabolism!

M.A.D. Circuit
A circuit of 8-10 unique exercises (1 minute long each circuit) that build strength, create endurance and torch calories followed by a 2-5 minute cardio blast. Three rounds with an ab and stretch session at the end.

M.A.D. Firm & Burn
Build muscle while burning fat. Weight training using free weight and your own body weight combined with light cardio to maximize fat loss and boost your metabolism.

M.A.D. Pilates
This class will strengthen and tone your arms, abs, seat and thighs through a variety of controlled, low impact exercises. After working a muscle, stretching will lengthen your muscles and improve your flexibility. Most moves will require only your own body weight, while some will incorporate light hand weights and resistance bands. Variations for beginners to experienced provide a great workout for all!

M.A.D. Mix
This class is a mix of cardio, weight lifting, functional interval training and total body exercises. Each class is set up to work the whole body. Never the same routine! It is designed for ALL fitness levels.

M.A.D. Fit Body
This is a one hour class that will help you get that fit body you always wanted! We will work on legs, arms, glutes and abs with free weights and a mat. This class is designed for all fitness levels and ages.

M.A.D. H.I.I.T. (High Intensity Interval Training)
H.I.I.T. improves performance through short exercise sessions and involves alternating short, fast bursts of intensive exercise. H.I.I.T. burns 9x more fat than traditional cardiovascular exercise and can be modified for people of all fitness levels and special conditions.

M.A.D. Yoga
This yoga class is for all fitness levels to gain balance, core strength, flexibility, stress relief, muscle recovery, and spinal and joint health.

W.O.W Class (Women on Weights)
Participants meet once a week to learn proper weight-training safety, etiquette and technique.
Some of the benefits of weight training include becoming physically and mentally stronger, lose body fat and increase metabolism (1 lb. of muscle burns 35-50 more calories than 1 lb. of fat), gain strength without bulk, decrease risk of Osteoporosis, reduce risk of injury, back pain, and arthritis, and reduce risk of heart disease and diabetes. You're never too old to start!