

# February

## Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>See backside for class descriptions!</b></p>				<p>1</p> <p><b>NO CLASSES TODAY</b></p>	<p>2</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p>	<p>3</p> <p>9:15a – 10:15a Firm &amp; Burn with Wendi</p>
<p>4</p>	<p>5</p> <p>8:45a – 9:45a M.A.D. Align &amp; Define with Angie</p> <hr/> <p>10a – 11a M.A.D. Yoga with Angie</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Burn with Wendi</p>	<p>6</p> <p>5:30a – 6:30a M.A.D. PiYo with Carri</p> <hr/> <p>6:45p – 7:45p M.A.D. Align &amp; Define with Angie</p>	<p>7</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Circuit with Wendi</p>	<p>8</p> <p>6:45p – 7:45p M.A.D. Twilight Yoga with Katja</p>	<p>9</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p>	<p>10</p> <p>9:15a – 10:15a Firm &amp; Burn with Wendi</p>
<p>11</p>	<p>12</p> <p>8:45a – 9:45a M.A.D. Align &amp; Define with Angie</p> <hr/> <p>10a – 11a M.A.D. Yoga with Angie</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Burn with Wendi</p>	<p>13</p> <p>5:30a – 6:30a M.A.D. PiYo with Carri</p> <hr/> <p>6:45p – 7:45p M.A.D. Align &amp; Define with Angie</p>	<p>14</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p> <hr/> <p>5:30p – 6:30p <b>NO TURBO KICK</b></p> <hr/> <p>7p – 8p M.A.D. Circuit with Wendi</p>	<p>15</p> <p>6:45p – 7:45p M.A.D. Twilight Yoga with Katja</p>	<p>16</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p>	<p>17</p> <p>9:15a – 10:15a Firm &amp; Burn with Wendi</p>
<p>18</p>	<p>19</p> <p>8:45a – 9:45a M.A.D. Align &amp; Define with Angie</p> <hr/> <p>10a – 11a M.A.D. Yoga with Angie</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Burn with Wendi</p>	<p>20</p> <p>5:30a – 6:30a M.A.D. PiYo with Carri</p> <hr/> <p>6:45p – 7:45p M.A.D. Align &amp; Define with Angie</p>	<p>21</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Circuit with Wendi</p>	<p>22</p> <p>6:45p – 7:45p M.A.D. Twilight Yoga with Katja</p>	<p>23</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p>	<p>24</p> <p>9:15a – 10:15a Firm &amp; Burn with Wendi</p>
<p>25</p>	<p>26</p> <p>8:45a – 9:45a M.A.D. Align &amp; Define with Angie</p> <hr/> <p>10a – 11a M.A.D. Yoga with Angie</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Burn with Wendi</p>	<p>27</p> <p>5:30a – 6:30a M.A.D. PiYo with Carri</p> <hr/> <p>6:45p – 7:45p M.A.D. Align &amp; Define with Angie</p>	<p>28</p> <p>9a – 10a M.A.D. Fit Body with Lynne</p> <hr/> <p>10a – 11a M.A.D. Pilates with Lynne</p> <hr/> <p>5:30p – 6:30p M.A.D. Turbo Kick with Carri</p> <hr/> <p>7p – 8p M.A.D. Circuit with Wendi</p>	<p>Find us on Social Media!</p> <p>734.241.6130</p> <p>www.gomadfitness.com</p> 		

# Class Descriptions

## **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. Turbo Kick**

Join the ultimate cardio kickboxing party! Turbo Kick is a high-energy class that packs in a unique blend of kickboxing moves, calorie-blasting HIIT training, bodyweight exercises and a relaxing cool down – all set to the hottest music mixes. Burn up to 1,000 calories in an hour and leave every class dripping sweat! Get ready to kick, jab, uppercut and “get hooked” on this high-energy class! Turbo Kick requires NO previous kickboxing experience. All ages and fitness levels are welcome!

## **M.A.D. PiYo**

Start your day with intention! PiYo is Pilates and Yoga inspired. This class combines the muscle sculpting of Pilates with the flexibility of Yoga. The moves are set to fun music to provide you with a low impact, but high intensity workout.

## **M.A.D. Circuit**

A circuit of 8-10 unique exercises 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 weights and your own bodyweight 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, glutes 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 bodyweight, while some will incorporate light free weights and resistance bands. Variations for beginners to experienced provide a great workout for all.

## **M.A.D. Twilight Yoga**

Introducing the fundamental principles of yoga (physical posture, inner discipline, breath control and concentration) in a dark, dimmed and relaxing atmosphere. Any fitness levels are welcome! Variations will be introduced to accommodate all fitness levels.

## **M.A.D. Yoga**

A vinyasa style yoga class that connects breath with movement and incorporates balance, inversion and stretching. This style of yoga provides postures that are strung together in a short or longer flow, and requires the mind to stay focused in the present.

## **M.A.D. Fit Body**

Designed for all fitness levels and ages, this class will work on your legs, arms, glutes and abs with free weights and a mat.

## **M.A.D. Align & Define**

This circuit style format offers you a total body workout using body-weight and free-weights to help target overall strength, flexibility and core conditioning. This is a great way to help tone your body as well as build muscle and burn calories for an aligned and defined you.