



JANUARY

Group Fitness Schedule

MONDAY	7p - 8p Body Burn: Wendi
TUESDAY	5:30a – 6:15a Dirty 30: Maria *No class on 1st
WEDNESDAY	9a – 10a Fit Body: Lynne 10a – 11a Pilates: Lynne 7p – 8p Body Burn: Wendi
THURSDAY	5:30a – 6:15a Dirty 30: Maria 6:45p – 7:45p Twilight Yoga: Katja
FRIDAY	9a – 10a Fit Body: Lynne 10a – 11a Pilates: Lynne
SATURDAY	9:15a – 10:15a Body Burn: Wendi *No class on 1/19
SUNDAY	No Classes

Find us on social media! 734.241.6130 www.gomadfitness.com See the back for class descriptions!

REFER A FRIEND FOR A \$0 ENROLLMENT FEE IN JANUARY!

CLASS DESCRIPTIONS

Body Burn: Wendi

A high energy class that uses interval training to maximize fat loss, torch calories fast, build endurance and boost your metabolism! We will use resistance and cardio training techniques to improve your endurance and help you build strength in half the time of standard resistance training! We'll keep your body guessing by switching up the circuits every class. More fun, more sweat, more results!

Pilates: Lynne

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 body weight, while some will incorporate light free weights and resistance bands. Variations will be introduced to accommodate all fitness levels.

Twilight Yoga: Katja

This class introduces the fundamental principles of yoga with heavy core-focused stretches and movements. We set the mood with candle light to leave you feeling centered and calm. Variations will be introduced to accommodate all fitness levels.

Fit Body: Lynne

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

Dirty 30: Maria

It's a race against time! A 30-minute high intensity workout consisting of timed circuits. See how many times you can lap each circuit in the allotted time! This HIIT based class is meant to burn a large number of calories in the least amount of time, while building lean muscle and torching fat!