

EXERCISE CLASS SCHEDULE

January 30th – February 24th

*Schedule subject to changes based on class participation.
A minimum of 5 participants must be present to hold a class.*

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 pm – 12:45 pm	Zumba® Level 2 Jane	Step & Sculpt Level 3 Meghan/Hayden	Total Body Circuit Level 4 Ryan	Turbokick® Level 3 Meghan	Total Body Circuit Level 4 Scott
1:00 pm- 1:45 pm	Strength Circuit Level 3 Ryan/Scott	Butz & Gutz Level 2 Meghan	20/20 Level 2 Meghan	Butz & Gutz Level 2 Hayden	Yogalates Level 1 Hayden
5:30 pm – 6:00 pm	20/20 Level 2 Hayden	Turbokick® (1 hour) Level 3 Mary	Cardio Pump Level 3 Meghan		

Maximum of 30 people for Strength & Total Body Circuit

Level 1 – variable intensity; participant determines intensity
 Level 2 – moderate intensity; moderately paced
 Level 3 – moderate to high intensity; moderate to fast pace
 Level 4 – high intensity; fast paced

Domino's Farms Fitness Center

Hours:

Monday - Friday: 6am - 7pm
 Saturday: 9am - 1pm

(734) 930-3390

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Group Exercise Coordinator: Meghan Smith
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