

Oakland Athletic Club

400 E. Brown, Birmingham, MI 48009 248.540.9596

GROUP FITNESS –June 2009

All classes are 55 minutes, unless otherwise noted. Phone us at 248-540-9596. Schedule updates are posted on our web site at www.oaklandathleticclub.net 2/26/2009



Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	8:30 NO CLASS 9:30 Cardio Fat Burner Cara 10:30 Muscle Madness Cara 6:00 Yoga For Backs-Anamari 6:30 Muscle Madness-Oksana	7:30 Pilates-Nan 8:30 Weight Training-Alice 9:30 Intervals-Dondra 6:00 Beginner yoga-Nan	7:30 Cardio- Patty 8:30 Weight Training-Patty 9:30 Cardio Hi/lo-Cara 5:30 Zumba-Bonnie C 6:30 Yoga/yoga rm- Jeanne 6:30 Muscle Madness – Oksana	5:45 Abs/Boot Camp-Liz 7:30 No Class 8:30 No class 9:30 Step & Pump-Kelly 10:30 Zumba Bonnie C 6:00 Beginner Yoga/yoga rm-Nan 6:00 Cardio Blast –Dondra	8:30 Functional Fitness-Alice 9:30 Muscle & Cardio- Patty 75 5:30 Hatha Yoga-Jeanne	8:00 Cardio hi/lo-Patty 9:00 Muscle Madness-Patty 9:00 Slo flo yoga rm-Nan 10:00 Zumba-Bonnie
7	8	9	10	11	12	13
8:00 Cardio Hi/Low-Dondra 9:00 Step-Cara 10:15 Pilates-Nan	8:30 Zumba-Debbie 9:30 Cardio Fat Burner Cara 10:30 Muscle Madness Cara 6:00 Yoga For Backs-Anamari 6:30 Muscle Madness-Oksana	7:30 Pilates-Nan 8:30 Weight Training-Alice 9:30 Intervals-Dondra 6:00 Beginner yoga-Nan	7:30 Cardio- Patty 8:30 Weight Training-Patty 9:30 Cardio Hi/lo-Cara 5:30 Zumba-Bonnie C 6:30 Yoga/yoga rm- Jeanne 6:30 Muscle Madness – Oksana	5:45 Abs/Boot Camp-Liz 7:30 Body Rolling - Christina 8:30 Pilates Fusion -Christina 9:30 Step & Pump-Kelly 10:30 Zumba Bonnie C 6:00 Beginner Yoga/yoga rm-Nan 6:00 Cardio Blast –Dondra	8:30 Functional Fitness-Alice 9:30 Muscle & Cardio- Patty75 5:30 Hatha Yoga-Jeanne	8:00 Cardio hi/low – Patty 9:00 Muscle Madness- Patty 9:00 Slo flo yoga rm-Nan 10:00 Zumba-Bonnie C
14	15	16	17	18	19	20
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