



Better, Healthier You
Fitness Facility

GROUP EXERCISE
Ada, MI - Summer 2024 Schedule

TUESDAY

TOTAL BODY STRENGTH

12:15PM - 1:00PM
(Wendy)

WEDNESDAY

YOGA

11:15AM - 12:00PM
(Doni)

RIDE & REPS

12:15PM - 1:00PM
(Wendy)

ZUMBA

4:15PM - 5:00PM
(Narisa)

CLASS DESCRIPTIONS

RIDE & REPS: This hybrid class mixes cycling with cardio & weight training for strength - best of both worlds!

TOTAL BODY STRENGTH: Build strength & lean muscle as you are coached through weight training practices.

YOGA: Gain flexibility, balance, & zen in this all levels yoga class.

ZUMBA: Dance to Latin and international music with fun, choreographed dance routines.

Staffed Hours of Operation:

Tuesday - Thursday 7:00am - 5:00pm
www.fitnessamway.com

Questions or Concerns:

fitness_facility@amway.com
616.787.7710