



HYPE Athletics Center, 23302 W. Warren Ave., Dearborn Hts., MI 48127 (313) 436-0043

DECEMBER 2024

	9:00 AM	10:30 AM	11:30 AM		5:00 PM	6:00 PM	7:00 PM
MONDAY	Zumba Toning	Silver Sneakers	H.I.I.T		H.I.I.T	KIDS Get Fit	Total Body Bootcamp
TUESDAY	Cardio Bootcamp	Silver Sneakers	Yoga		H.I.I.T	Vinyasas Yoga KIDS Get Fit	Total Body Bootcamp
WEDNESDAY	HI-Intensity Kickboxing	Silver Sneakers	H.I.I.T		Vinyasas Yoga	HI-Intensity Bootcamp KIDS Get Fit	Zumba
THURSDAY	Advanced Zumba	Silver Sneakers			Upper Body Bootcamp	KIDS Get Fit	
FRIDAY	Cardio Pilates Workout	50+ Zumba Gold			Core Training	Zumba	
SATURDAY	Basic Yoga		H.I.I.T				
SUNDAY	Vinyasas Yoga		Belly Dancing				
Instructors:	Patti	Christine	Ibtisam	Tiffany			
	Gina	May	Jackie	Malak			



Women's Only 14+

Classes are limited to the first 30 signed in members.
Please no spot saving and classes are 1 hour long. Thank you!