



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

Updated: 12/17/2019



	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 Boot Camp
TUESDAY	Cardio Bootcamp	Silver Sneaker (Chair Yoga)				Lower body Bootcamp	KIDS Get Fit	Tabata
WEDNESDAY	Cardio Kickboxing	Silver Sneakers	H.I.I.T			HI-Intensity Bootcamp	KIDS Get Fit	Zumba
THURSDAY	Advanced Zumba	50+ Strength Training				Upper Body Bootcamp	KIDS Get Fit	
FRIDAY	Pilates/ YOGA	50+ Zumba Gold				Core Training	Zumba	
SATURDAY	Vinyasas Yoga		H.I.I.T					
SUNDAY	Vinyasas Yoga		Belly Dancing					
Instructors:	Christine	May	Ibtisam	Malak				
	Jackie	Patti	Tiffany					



Women's Only 14+

Classes are limited to the first 45 signed in members.

Please no spot saving and classes are 1 hour long. Thank you!