



GROUP EXERCISE Fitness Classes for

Classes End Week of
April 13, 2026
(No Classes March 30-April 4)

Winter II Classes					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Blast/Burn Circuit Training 6-7 a.m. Court 2 / Debbie	Cycle and Tone 6-7 a.m. Aerobics / Martha	Cycle 6-7 a.m. Aerobics / Martha	Strength and Core 6-7 a.m. Aerobics / Martha	Strong 6-7 a.m. Aerobics / Martha	TRX Challenge 9-10 a.m. Court 2 / Brandy
Women on Weights 6-7 a.m. Aerobics / Martha	Barre Workout 9:30-10:30 a.m. Aerobics / Marie	Total Body Fitness 6-7 a.m. MPR / Debbie	Barre Workout 9-10 a.m. Aerobics / Christine	Cardio Strength Fusion 8:30-9:30 a.m. Aerobics / Martha	Yoga Flow 9-10 a.m. MPR / Zhanna
Slow Flow Yoga 9:30-10:30 a.m. MPR / Kathleen	Fitness Yoga 9:30-10:30 a.m. MPR / Nancy	Fitness Yoga 9:30-10:30 a.m. MPR / Nancy	Fitness Yoga 9:30-10:30 a.m. MPR / Nancy	Yoga and Guided Meditation 9-10:15 a.m. MPR / Zhanna	Barre Workout 9:30-10:30 a.m. Aerobics / Marie
Fit Mom and Baby 10-10:30 a.m. Court 2 / Clancy	Strength and Core 9:30-10:30 a.m. Court 2 / Brandy	Mat Pilates 10:30-11:30 a.m. Aerobics / Marie	Total Body Fitness 9:30-10:30 a.m. Court 2 / Brandy		Restorative Pilates 10:30-11:30 a.m. Aerobics / Marie
Drum and Fun 10:30-11:30 a.m. Aerobics / Elone	Cardio Strength for Fifty + 10:30-11:30 a.m. Court 2 / Debbie	Pilates Barre Fusion 11:30 a.m. to 12:30 p.m. MPR / Marie	Fit After Sixty-Five 10-11 a.m. Aerobics / Roy	Restorative Pilates 9:30-10:30 a.m. Aerobics / Marie	
Meditative Yoga 11 a.m. to Noon MPR / Kathleen	Restorative Pilates 10:30-11:30 a.m. Aerobics / Nadene	Tai Chi 101 11:30 a.m. to 12:30 p.m. Aerobics / Roy	Circuit Training for Fifty + 10:30-11:30 a.m. Court 2 / Debbie	Power Cardio Barre 10:30-11:30 a.m. Aerobics / Nadene	
Restorative Yoga 5:30-6:30 p.m. Movement Studio / Britt	Beginner Yoga 11:30 a.m.-12:30 p.m. MPR / Charles	Slow Flow Yoga 5-6 p.m. MPR / Kathleen	Power Mat Pilates 10:30-11:30 a.m. MPR / Nadene	Fit After Fifty 11:30 a.m to 12:30 p.m Aerobics/Kerstin	
Kettlebell Challenge 6-7 p.m. Court 2 / Brandy	Exploring Strenth Express Noon-12:30 p.m. Aerobics / Kerstin	Beginner Yoga 6-7 p.m. MPR / Charles	Fit After Fifty - B & F 11 a.m. to Noon Aerobics / Roy		
Power Cardio Barre 6-7 p.m. Aerobics/Nadene	Beginner Yoga 5-6 p.m. MPR / Zhanna	Kettlebell Conditioning 6-7 p.m. Court 3 / Brandy	Cardio Sculpt Pilates 11:30 a.m.-12:30 p.m. MPR / Nadene		
Shine Fitness 7-8 p.m. Aerobics / Rachel	Strength and Core 6-7 p.m. Aerobics / Debbie	Barre Workout 7-8 p.m. Aerobics / Kathleen	Exploring Strength Express Noon-12:30 p.m. Aerobics / Kerstin		
TRX Boot Camp 7-8 p.m. Court 2 / Brad	TRX Circuit 6-7 p.m. Court 2 / Brandy	TRX Challenge 7-8 p.m. Court 3 / Ryan	Total Body Fitness 6-7 p.m. Aerobics / Debbie		
Candlelight Yin Yoga 7:30-8:30 p.m. Movement Studio / Britt	Yoga Strength Fusion 6-7 p.m. MPR / Zhanna	Yoga Flow 7-8 p.m. MPR / Zhanna	Yoga Strength Fusion 6-7 p.m. MPR / Zhanna		
	Barre Workout 7-8 p.m. Aerobics / Marie	PiYo 8-9 p.m. MPR / Zhanna	Cycle and Strength 7-8 p.m. Aerobics / Mariah		
	Boot Camp 7-8 p.m. Court 2/ Martha	Relaxation Yoga 8-9 p.m. Aerobics / Kathleen	Pilates Barre Fusion 8-9 p.m. Aerobics / Marie		
	Restorative Pilates 8-9 p.m. Aerobics / Marie				

*For more information,
Contact Scott Spahr
Fitness and Wellness
(734) 466-2912
Register at
LivoniaParks.org*