

MARCH
2014
CLASS SCHEDULE



975 S. Monroe St, Monroe

(734) 241-6130

www.gomadfitness.com

**All classes are done in back room

*Class descriptions are on the back of schedule.

M.A.D. Fit NOW Offered!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																			
<p>* NEW CLASSES:</p> <p>*New kids boot camps</p> <p>*New Friday night yoga</p> <p>*New M.A.D. Fit Classes</p> <p>*New W.O.W. Class</p> <p>**Mini MAD Camps **</p> <p>**New Yoga time Sunday and instructor rotation!</p> <p>**New Cycling class coming!</p>	<p>*MINI M.A.D. CAMPS*</p> <p>RSVP NOW! Limited to 9 spots each Tuesday!</p> <p>Starting on 3/18</p> <p>Taught by Certified Trainer Chris Brewer!</p> <p>5:15pm - 7:15 each Tuesday!</p> <p>1/2 in the back room and 1/2 in cycling studio!</p> <p>Nutritional tips included as well!</p> <p>* ONLY \$30 per class *</p>	<p>*KIDS BOOT CAMPS:</p> <p><u>EVERY SATURDAY!</u></p> <p>10:30am - 11am (AGES 5 - 7) \$5 members / \$6 non</p> <p>11:15am - 12:15pm (AGES 8 - 12) \$8 members / \$10 non</p>		<p>* W.O.W. Class:</p> <p>Women On Weights</p> <p>Womens ONLY Class</p> <p>Tues - 6p - 7p / Sat 9a - 10a</p> <p>Learn proper form from using weights and get results!</p> <p>*Certified Trainer Michele*</p> <p>\$5 a class</p>		<p>1</p> <p>M.A.D. Power Pilates 8:00a - 9:00a (Tisha)</p> <p>M.A.D. Body Sculpt 9:15a - 10:15a (Wendi)</p> <p>* Kids Bootcamp * Ages 5-9 10:30a - 11a Ages 10-14 11:15a - 12:15p</p>																																			
2	3	4	5	6	7	8																																			
M.A.D. Yoga (Sara V) 1:15p - 2:15p	M.A.D. Zumba 5:45p - 6:45p (Danette)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Vinyasa Yoga 9:30a - 10:30a (Sara V)	M.A.D. Power Pilates 8:00a - 9:00a (Tisha)																																			
	M.A.D. Yoga 7:00p - 8:00p (Tonya)	*Mini M.A.D. Camps RSVP NOW-Starts 3/18*	M.A.D. Power Pilates 5:45p - 6:45p (Tisha)	M.A.D. Yoga 6:00p - 7:00p (Alicia)	M.A.D. Yoga 5:45p - 6:45p (Tonya)	M.A.D. Body Sculpt 9:15a - 10:15a (Wendi)																																			
	M.A.D. Intervals 8:15p - 9:15p (Wendi)	M.A.D. Total Body Circuit 6:15p - 7:00p (Jade)	M.A.D. Circuit Bootcamp 8:15p - 9:15p (Wendi)	M.A.D. Bootcamp 7:15p - 8:00p (Michele)		* Kids Bootcamp * Ages 5-9 10:30a - 11a Ages 10-14 11:15a - 12:15p																																			
9	10	11	12	13	14	15																																			
M.A.D. Yoga (Tonya) 1:15p - 2:15p	M.A.D. Zumba 5:45p - 6:45p (Danette)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Vinyasa Yoga 9:30a - 10:30a (Sara V)	M.A.D. Power Pilates 8:00a - 9:00a (Tisha)																																			
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16	17	18	19	20	21	22																																			
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	M.A.D. Yoga 7:00p - 8:00p (Tonya)	*Mini M.A.D. Camp*	M.A.D. Power Pilates 5:45p - 6:45p (Tisha)	M.A.D. Yoga 6:00p - 7:00p (Alicia)	M.A.D. Yoga 5:45p - 6:45p (Tonya)	M.A.D. Body Sculpt 9:15a - 10:15a (Wendi)																																			
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23	24	25	26	27	28	29																																			
M.A.D. Yoga (Tonya) 1:15p - 2:15p	*NO evening classes.	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Mix 5:30a - 6:15a (Amy)	M.A.D. Vinyasa Yoga 9:30a - 10:30a (Sara V)	M.A.D. Power Pilates 8:00a - 9:00a (Tisha)																																			
	Chamber Networking Event in Back Room 5pm - 6:30pm	*Mini M.A.D. Camp*	M.A.D. Power Pilates 5:45p - 6:45p (Tisha)	M.A.D. Yoga 6:00p - 7:00p (Alicia)	M.A.D. Yoga 5:45p - 6:45p (Tonya)	M.A.D. Body Sculpt 9:15a - 10:15a (Wendi)																																			
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30	31	<p>* M.A.D. Fit * with a Crossfit Level 1 Trainer</p> <p>CLASS SCHEDULE:</p> <p>*See back for class description</p> <p>Best workout for all fitness levels!</p> <table border="1"> <thead> <tr> <th>Mon:</th> <th>Tues:</th> <th>Wed:</th> <th>TH:</th> <th>Fri:</th> <th>Sa:</th> <th>Su:</th> </tr> </thead> <tbody> <tr> <td>8a - 9a</td> <td>10a - 11a</td> <td>10a - 11a</td> <td>8a - 9a</td> <td>8a - 9a</td> <td>12:30p - 1:30p</td> <td>11a - 12n</td> </tr> <tr> <td>10:30a - 11:30a</td> <td>1p - 2p</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>1p - 2p</td> <td>4p - 5p</td> <td>1p - 2p</td> <td>12n - 1p</td> <td>1p - 2p</td> <td>2p - 3p</td> <td>12n - 1p</td> </tr> <tr> <td>4:30p - 5:30p</td> <td>7:05p - 8:05p</td> <td>4:30p - 5:30p</td> <td>4:30p - 5:30p</td> <td>4:30p - 5:30p</td> <td></td> <td></td> </tr> </tbody> </table> <p>*Investment:</p> <p>MARCH SPECIAL= \$120 Unlimited!</p> <p>5 sessions ONLY \$65</p> <p>1 session ONLY \$15</p>					Mon:	Tues:	Wed:	TH:	Fri:	Sa:	Su:	8a - 9a	10a - 11a	10a - 11a	8a - 9a	8a - 9a	12:30p - 1:30p	11a - 12n	10:30a - 11:30a	1p - 2p						1p - 2p	4p - 5p	1p - 2p	12n - 1p	1p - 2p	2p - 3p	12n - 1p	4:30p - 5:30p	7:05p - 8:05p	4:30p - 5:30p	4:30p - 5:30p	4:30p - 5:30p		
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8a - 9a	10a - 11a	10a - 11a	8a - 9a	8a - 9a	12:30p - 1:30p	11a - 12n																																			
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1p - 2p	4p - 5p	1p - 2p	12n - 1p	1p - 2p	2p - 3p	12n - 1p																																			
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ALL classes are included with your membership at no additional fee, no sign up or reservations needed. **Special classes are extra.