

June

Go M.A.D. Group Fitness Schedule

See Backside for class descriptions!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6-7pm Yoga with Gena	2 7:30-8:30am Total Body Strength with Karli	3 9:30-10:30am Yoga with Gena 12-1pm Zumba with Christina
4	5 6-7pm Zumba with Christina	6 6-7pm Turbo Kick with Shannon	7 8:30-9:30am Cardio Toning with Tracy 6-7pm 5 Min M.A.D.ness with Kendra	8 6-7pm Yoga with Gena	9 7:30-8:30am Total Body Strength with Karli	10 9:30-10:30am Yoga with Gena
11	12 6-7pm Zumba with Christina	13 6-7pm Turbo Kick with Shannon	14 8:30-9:30am Cardio Toning with Tracy 6-7pm 5 Min M.A.D.ness with Kendra	15 6-7pm Yoga with Gena	16 7:30-8:30am Total Body Strength with Karli	17 12-1pm Zumba with Christina
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25	26 6-7pm Zumba with Christina	27 6-7pm Turbo Kick with Shannon	28 8:30-9:30am Cardio Toning with Tracy 6-7pm 5 Min M.A.D.ness with Kendra	29 6-7pm Yoga with Gena	30	5215 Monroe St. Toledo, OH 43623 (419) 724-7000 gomadfitness.com   



Class Descriptions:

Zumba with Christina

A fun Latin inspired dance class for all fitness levels! Come burn calories while having some fun!

Yoga with Gena

This yoga class is for all fitness levels to gain balance, core strength, flexibility, stress relief, muscle recovery, and spinal and joint health.

Cardio Toning with Tracy

A great full-body work out with 30 Minutes of High Intensity Cardio movements partnered with 30 Minutes of Strength Training that is slower paced with weights, and to finish on your mat for Core/Ab work and stretching.

5 Minute M.A.D.ness with Kendra

This class is 4 15 minute circuits broken up into 5 minute segments working the whole body. Bring a positive attitude and be ready to work!

Turbo Kick with Shannon

An energy-filled, workout that anyone can do. Whether you love burpees or hate them, there is a modifier for every fitness level. MAD Turbo combines easy and safe punches and kicks with awesome music that makes you forget you are working out. MAD Turbo is great for all ages. Required equipment: good tennis shoes and a positive attitude.

Total Body Strength with Karli

This athletic-based workout uses dumbbells with adjustable weights to work every major muscle group in the body. With motivating music and awesome instructor, Karli, this class strengthens, tones, and defines like nothing else can.