

# July

## Go M.A.D. Group Fitness Schedule

See Backside for class descriptions!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 NO CLASS  Happy 4 <sup>th</sup> of July!	5 6-7pm Yoga with Gena	6 8:30-930am Cardio Toning with Tracy	7 7:30-8:30am Total Body Strength with Karli	8
9	10 NO Classes Zumba Starts Next Monday!	11 6-7pm Turbo Kick with Shannon	12 6-7pm Yoga with Gena	13 8:30-930am Cardio Toning with Shannon	14 7:30-8:30am Total Body Strength with Karli	15
16	17 6-7pm Zumba with Christina	18 6-7pm Turbo Kick with Shannon	19 6-7pm Yoga with Gena	20 8:30-930am Cardio Toning with Tracy	21 7:30-8:30am Total Body Strength with Karli	22
23	24 6-7pm Zumba with Christina	25 6-7pm Turbo Kick with Shannon	26 6-7pm Yoga with Gena	27 8:30-930am Cardio Toning with Tracy	28 7:30-8:30am Total Body Strength with Karli	29
30	31 6-7pm Zumba with Christina				5215 Monroe St. Toledo, OH 43623 <a href="http://gomadfitness.com">gomadfitness.com</a>   	



## 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.

### **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.