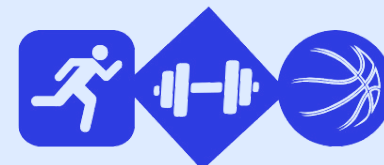




JULY FITNESS SCHEDULE

2025



DOYLE CENTER

STURGIS MI
269-659-8110 310 N. FRANKS AVE

**CLOSED FRIDAY
JULY 4TH**

4th of July

**COLOR RUN
MI-ART FEST
JULY 11TH
REGISTER NOW!**



**TOT-POWERSPORTS
AGES 2-4YRS
STARTS AUG. 5TH**

MONDAY

MORNING MADNESS
8AM - 9AM
BENITA

SILVERSNEAKERS
10:30AM - 11:15AM
CAROL

YOGASTRETCH
11:30AM - 12:15PM
CAROL

MMA*
6PM - 8PM
LUCIANO

DANCE FITNESS
6:15PM - 7:15PM
ERICA

DROP IN PICKLEBALL
6PM - 8PM
ADVANCED ONLY

TUESDAY

MORNING YOGA
9AM - 10AM
JANENE
**LAST CLASS
JULY 10TH
UNTIL SEPT.**

DROP IN PICKLEBALL
9AM - 11AM
ALL LEVELS

CARDIO DRUMMING
4:00PM - 5:00PM
MARY HAYLETT

PUMP UP THE VOLUME
5:15PM - 6:15PM
CAROL

DROP IN PICKLEBALL
6PM - 8PM
ALL LEVELS

WEDNESDAY

EARLY MORNING YOGA
6AM - 7AM
TRACY
**NO CLASS
JULY 30TH**

MORNING MADNESS
8AM - 9AM
BENITA

SILVERSNEAKERS
10:30AM - 11:15AM
CAROL

YOGASTRETCH
11:30AM - 12:15PM
CAROL

CARDIO DRUMMING
6PM - 7PM
KRISTINA

MMA*
6PM - 8PM
STEPHEN

DANCE FITNESS
6:15PM - 7:15PM
ERICA
**NO CLASS
JULY 9TH**

DROP IN PICKLEBALL
6PM - 8PM
ADVANCED ONLY

THURSDAY

MORNING YOGA
9AM - 10AM
JANENE
**LAST CLASS
JULY 10TH
UNTIL SEPT.**

DROP IN PICKLEBALL
9AM - 11AM
ALL LEVELS

PUMP UP THE VOLUME
5:15PM - 6:15PM
CAROL

DROP IN PICKLEBALL
6PM - 8PM
ALL LEVELS

MMA*
6PM - 8PM
JADRIEN

FRIDAY

SILVERSNEAKERS
10:30AM - 11:15AM
CAROL

YOGASTRETCH
11:30AM - 12:15PM
CAROL

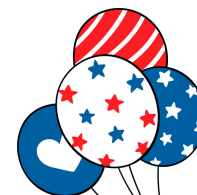
SATURDAY

PLYOMETRICS/AGILITY
9:00AM - 10:00AM
JOHN

DROP IN PICKLEBALL
8:30AM TO 10:30AM
ALL LEVELS

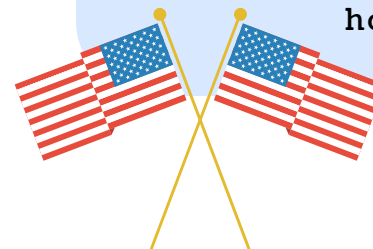
SUNDAY

CLOSED



CLOSED JULY 4th

In observance of Independence Day,
The Doyle Community Center will be
CLOSED on FRIDAY, July 4th.
We wish everyone a safe and happy
holiday! 🇺🇸🇺🇸



JUNE, JULY, & AUGUST

MONDAY - THURSDAY 6AM - 8PM
FRIDAY 6AM - 6PM
SATURDAY 8AM - NOON
SUNDAY CLOSED

***MMA CLASSES REQUIRE
AN ADDITIONAL FEE.**
\$15 MEMBER PER MONTH
\$25 NON-MEMBER PER MONTH

**PICKLEBALL DROP IN
REQUIRES
ADDITIONAL FEE.**
\$3 MEMBER
\$6 NON-MEMBER

FITNESS CLASS DESCRIPTIONS:

EARLY MORNING YOGA

MORNING GENTLE YOGA IS IDEAL FOR ANYONE WANTING TO START THEIR DAY WITH MINDFUL BREATH AND MOVEMENT. THIS PRACTICE HELPS TO RELEASE TIGHT MUSCLES, ALLEVIATE JOINT PAIN, AND CREATE A CONNECTION BETWEEN BODY AND MIND AT A TRANQUIL, SLOWER PACE. IT SERVES AS A PERFECT TRANSITION BETWEEN FLOWING MOVEMENTS AND STILLNESS. WHETHER YOU ARE A BEGINNER OR AN EXPERIENCED YOGI, OUR SESSIONS ARE ENRICHING AND INCLUSIVE, DESIGNED TO BUILD CORE STRENGTH AND ENHANCE YOUR PRACTICE.

DANCE FITNESS

JOIN US FOR THE ORIGINAL DANCE FITNESS CLASS—NOW WITH A TWIST! THIS DANCE-BASED CARDIO INCORPORATES ALTERNATING HIGH AND LOW-INTENSITY MOVES TAILORED TO MAXIMIZE CALORIE BURN. THE CLASS ALSO INCLUDES FULL-BODY STRENGTH TRAINING AND STRETCHING.

CARDIO DRUMMING

CARDIO DRUMMING IS A FUN, ENERGETIC WORKOUT FOR ALL AGES AND ABILITIES. PARTICIPANTS USE DRUMSTICKS TO HIT AN EXERCISE BALL ON A BUCKET, MOVING TO THE MUSIC'S BEAT. THE ACTIVITY CAN BE ADAPTED FOR SEATED OR STANDING OPTIONS, AND ADDING DANCE STEPS ENHANCES THE EXPERIENCE. IT'S A GREAT WAY TO GET FIT, IMPROVE COORDINATION, AND FOSTER A SENSE OF COMMUNITY.

MORNING MADNESS

EXPERIENCE A TOTAL BODY WORKOUT THAT ELEVATES YOUR HEART RATE! THIS AEROBIC SESSION MERGES FULL BODY CALISTHENICS, STRENGTH TRAINING, AND HIGH-INTENSITY INTERVAL TRAINING (HIIT) TO BOOST CARDIOVASCULAR FITNESS, MUSCULAR STRENGTH, AND OVERALL HEALTH.

MMA/BOXING

ENGAGE IN CARDIO TRAINING THAT CULTIVATES EXCEPTIONAL STRENGTH, STAMINA, AND DISCIPLINE THROUGH THE PRACTICE OF BOXING.

PUMP UP THE VOLUME

STRENGTH TRAINING IS ESSENTIAL FOR IMPROVING BONE DENSITY, LEAN MUSCLE MASS, AND BURNING CALORIES THROUGHOUT THE DAY. IN THIS CLASS, YOU'LL UTILIZE BARBELLS, DUMBBELLS, MEDICINE BALLS, AND ELASTIC TUBING TO DEFINE, TIGHTEN, AND SCULPT YOUR ENTIRE BODY. EXPECT RESULTS!

PLYOMETRICS & AGILITY

THIS PLYOMETRIC AND AGILITY CLASS IS DESIGNED TO DEVELOP MAXIMUM SPEED, POWER, AND STRENGTH. BY ENGAGING FAST-TWITCH MUSCLE FIBERS, IT HELPS YOU STAY QUICK AND LIGHT ON YOUR FEET. IDEAL FOR THOSE TRAINING FOR SPORTS, EVENTS, OR ANYONE EAGER TO GET BEACH-READY.

SILVERSNEAKERS/RENEW ACTIVE

THIS MUSIC-DRIVEN CLASS FEATURES A VARIETY OF EXERCISES AIMED AT INCREASING MUSCULAR STRENGTH, ENDURANCE, BALANCE, AND RANGE OF MOTION, WHILE ALSO FACILITATING ACTIVITIES FOR DAILY LIVING. WE INCORPORATE HAND WEIGHTS, BODY WEIGHT, ELASTIC TUBING, AND CHAIRS FOR BOTH SEATED AND STANDING SUPPORT, MAKING IT PERFECT FOR BEGINNERS OR THOSE WHO MAY BE OUT OF SHAPE.

MORNING YOGA

JOIN US FOR A FLOW-BASED SESSION THAT CONNECTS BREATH WITH MOVEMENT, EMPHASIZING STRENGTHENING, LENGTHENING, AND STRETCHING THROUGH MOTION.

YOGASTRETCH

EXPERIENCE A COMPLETE SERIES OF SEATED AND STANDING YOGA POSES WITH THE SUPPORT OF A CHAIR. THIS CLASS AIMS TO ENHANCE STRENGTH, FLEXIBILITY, BALANCE, AND RANGE OF MOTION. RESTORATIVE BREATHING EXERCISES ARE INCLUDED TO PROMOTE STRESS REDUCTION AND MENTAL CLARITY, MAKING IT PERFECT FOR THOSE WHO ARE OUT OF SHAPE OR NEW TO YOGA.

THE DOYLE CENTER PARTNERS WITH THE FOLLOWING MEDICARE INSURANCE PROVIDERS:

