

CLICK ON "+" (ON TOOLBAR) TO MAKE BIGGER!

ELEMENTS OF EXERCISE

www.elementsofexercise.com / 888-363-3635

Winter 2017

INSTRUCTOR	LOCATION	CLASS	DAY	TIME	# WEEKS	START DATES	PRICE/PERSON		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Circuit Bootcamp	MON	6-6:45am	ongoing	ongoing	call or visit for prices		
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	PIYO (Pilates&Yoga)	MON	9am	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	PILOXING	MON	10:05am	ongoing	ongoing	call or visit for prices		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	TRX & Kettlebell	MON	5:15-6pm	ongoing	ongoing	Specialty Drop in \$5/\$15	CALL TO RESERVE!	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	MON	6pm	ongoing	ongoing	call or visit for prices		
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Bag Blast-Contact Kbox	MON	6-7pm	4 weeks	must pre reg	\$48 member/\$72 non member	starts 1-9-17	
Marlana	EOE-2434 S. Telegraph Rd. - Dearborn	Circuit Bootcamp	MON	7:15pm	ongoing	ongoing	call or visit for prices		
Jamelie/Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Womans Only Body Sculpt	TU	9am	ongoing	ongoing	call or visit for prices		
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Body Sculpt	TU	5:10pm	ongoing	ongoing	call or visit for prices		
Mellissa	EOE-2434 S. Telegraph Rd. - Dearborn	Cardio Drumming Beat Blast	TU	6pm	ongoing	ongoing	call or visit for prices		
Lisa	EOE-2434 S. Telegraph Rd. - Dearborn	Cardio Barre	TU	7pm	ongoing	ongoing	call or visit for prices		
Marlana	EOE-2434 S. Telegraph Rd. - Dearborn	Bag Blast-Contact Kbox	TU	7pm	8 weeks	must pre reg	\$48 member/\$72 non member	starts 11-10-17	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Ultimate Circuit/Bootcamp	WED	6-6:45am	ongoing	ongoing	call or visit for prices		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	BURN 360	WED	9am	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	KNOCKOUT	WED	5pm-5:45pm	Starts	Starts	Specialty Drop in \$5/\$15		
Leticia	EOE-2434 S. Telegraph Rd. - Dearborn	Cardio Shimmy	WED	6pm	ongoing	ongoing	call or visit for prices		
Leticia	EOE-2434 S. Telegraph Rd. - Dearborn	Ballet Core Pilates Fusion	WED	7:10pm	ongoing	ongoing	call or visit for prices		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Total Body	TH	9am	ongoing	ongoing	call or visit for prices		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Bag Blast-Contact Kbox	TH	5pm	8 weeks	must pre reg	\$48 member/\$72 non member	starts 1-12-17	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Kettlebell	TH	6pm	ongoing	ongoing	call or visit for prices		
Amanda	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	TH	7pm	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Circuit Bootcamp	FRI	6am	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba Toning	FRI	9:30am	ongoing	ongoing	call or visit for prices		
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Boxing Circuit Express!	FRI	9-9:30am	8 weeks	must pre reg	\$38 member/\$52 non member	starts 1-13-17	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Kettlebell Strike	SAT	8am	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	SAT	9am	ongoing	ongoing	call or visit for prices		
David	EOE-2434 S. Telegraph Rd. - Dearborn	Bootcamp	SAT	10am	ongoing	ongoing	call or visit for prices		
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Bag Blast-Contact Kbox	SAT	10:10am-11am	8 weeks	must pre reg	\$48 member/\$72 non member	starts 1-14-17	
EOE	EOE-2434 S. Telegraph Rd. - Dearborn	BOOKING PRIVATE POLE PARTIES-BACHELORETTES, BIRTHDAYS & GIRLS NIGHT OUTS!							CALL TO RESERVE!
EOE	EOE-2434 S. Telegraph Rd. - Dearborn	PT & Group PT	OPEN	call today!	ongoing	ongoing	call or visit for prices		
ALLEN PARK COMMUNITY CENTER - 888-363-3635 @ www.elementsofexercise.com									
Jamelie	APCC-15800 White St Allen Park	Zumba	MON	6-7pm	5 wks	9-Jan	See Below	free class 1/2/17	
Jamelie	APCC-15800 White St Allen Park	Total Body Bootcamp	MON	7:10-8pm	5 wks	9-Jan	See Below	free class 1/2/17	
Marisa	APCC-15800 White St Allen Park	Cardio Core Circuit	TU	7:10-8pm	5 wks	10-Jan	See Below	free class 1/3/17	
Jayne	APCC-15800 White St Allen Park	Brazilian Butt Lift	WED	6-7pm	5 wks	11-Jan	See Below	free class 1/4/17	
Jayne	APCC-15800 White St Allen Park	Kettlebell Blast	WED	7:10-8pm	5 wks	11-Jan	See Below	free class 1/4/17	
Jayne	APCC-15800 White St Allen Park	Total Body Bootcamp	TH	7:10-8pm	5 wks	12-Jan	See Below		
Jamelie	APCC-15800 White St Allen Park	Yoga-Pilates Fusion	SAT	8-8:50am	5 wks	14-Jan	See Below		
Jamelie	APCC-15800 White St Allen Park	Body Sculpt Blast	SAT	9-10am	5 wks	14-Jan	See Below		
1 class \$53, 2 classes \$85, 3 classes \$101, 4 classes \$113									
DEARBORN (313) 827-1959 - CALL TO REGISTER REG ONLINE @ WWW.DEARBORNCEONLINE.ORG									
Nikki/Tenille	Duval Elem. - 22561 Beech St.	Kickboxing Sculpt	M & W	6-7pm	8 wks	23-Jan	\$99	No Class 2/20 & 2/22	
Leticia	Stout School. - 18500 Oakwood Blvd	Butts & Guts	MON	6:20-7:10pm	8 wks	23-Jan	\$52	No Class 2/20/17	
Lisa	Heights Campus (GYM)	Biggest Loser Workout Challenge	MON	7-8pm	8 wks	23-Jan	\$56	No Class 2/20/17	
Leticia	Stout School. - 18500 Oakwood Blvd	Fat Burn Pilates	MON	7:15-8pm	8 wks	23-Jan	\$52	No Class 2/20/17	
Kara	Duval Elem. - 22561 Beech St.	Zumba/Zumba Core	TU	6-7 pm	8 wks	17-Jan	\$52	No Class 2/21/17	
Kara	Duval Elem. - 22561 Beech St.	Cardio Drumming Beat Blast	TU	7:15-8pm	8 wks	17-Jan	\$52	No Class 2/21/17	
Lindsey	Henry Ford Elem - 16140 Driscoll St.	Pool Exercise-COED	TU	7:30-8:30pm	8 wks	17-Jan	\$56	No Class 2/21/17	
Lindsey	Henry Ford Elem - 16140 Driscoll St.	Water Walking	WED	5:30-6:30pm	8 wks	18-Jan	\$56	No Class 2/22/17	
Mellissa	Howard Elem. - 1611 N. York St.	Modern Line Dancing	WED	6-7pm	8 wks	18-Jan	\$56	No Class 2/22/17	
Amanda	Henry Ford Elem - 16140 Driscoll St.	Aquatic Aerobics	WED	6:30-7:30pm	8 wks	18-Jan	\$56	No Class 2/22/17	
Marissa	Snow School. - 2000 Culver St.	Lean and Mean Kettlebell	TH	6-6:45pm	8 wks	19-Jan	\$52	No Class 2/23 & 3/9	
Mellissa	Howard Elem. - 1611 N. York St.	Zumba Gold -Beginner	TH	6:10pm-7pm	8 wks	19-Jan	\$52	No Class 2/23 & 3/9	
Lindsey	Henry Ford Elem - 16140 Driscoll St.	Aqua Fit Core	TH	6:30-7:30pm	8 wks	19-Jan	\$56	No Class 2/23 & 3/9	
Marissa	Howard Elem. - 1611 N. York St.	Circuit Training	TH	7pm-7:50pm	8 wks	19-Jan	\$52	No Class 2/23 & 3/9	
Veronica	O.L. Smith - 23851 Yale St.	Aqua Zumba	TH	7:15-8pm	8 wks	19-Jan	\$52	No Class 2/23/17	
DEARBORN HEIGHTS 888-363-3635 @ www.elementsofexercise.com									

Lourdes	Berwyn Senior Center 26155 Richardson	Zumba Gold	TH	9:30-10:15am	5 wks	10-Nov	\$40 residents/\$45 Non	
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PLYMOUTH- CANTON COMMUNITY EDUCATION (734) 416-2937								
Abrea	Isbister-N Canton Center Rd - Plymouth	Butts & Guts	MON	6:15-7pm	6 wks	9-Jan	\$36res/\$46non	
Abrea	Isbister-N Canton Center Rd - Plymouth	Ultimate Circuit	MON	7:10-8pm	6 wks	9-Jan	\$36res/\$46non	
Amanda	West Middle School	Zumba	MON	6:15-7pm	6 wks	23-Jan	\$36res/\$46non	
Amanda	West Middle School	Hula Hoop Blast	MON	7:10-8pm	6 wks	23-Jan	\$36res/\$46non	
Abrea	Bird Elementary	Biggest Loser Workout Challen	TU/TH	6:15-7pm	6 wks	10-Jan	\$75res/\$85non	
Abrea	Bird Elementary	Fat Burn Pilates	TU	7:15-8pm	6 wks	10-Jan	\$36res/\$46non	
Amanda	West Middle School	Zumba	WED	6:15-7pm	6 wks	9-Nov	\$36res/\$46non	
Alex	Tonda Elem Cafe - 46501 Warren Rd, Canton	Pop Pilates	WED	6:15-7pm	6 wks	11-Jan	\$36res/\$46non	
Marissa	West Middle School	Cardio Drumming	WED	7:10-8pm	6 wks	11-Jan	\$36res/\$46non	
Alex	Tonda Elem Cafe - 46501 Warren Rd, Canton	Cardio Kickbox Fusion	WED	7:15-8pm	6 wks	26-Oct	\$36res/\$46non	
Katie	West Middle School	Total Body Toning	TH	7-8pm	6 wks	10-Nov	\$36res/\$46non	
Abrea	Gallimore Elementary	Total Body	TH	7-8pm	6 wks	12-Jan	\$36res/\$46non	
REDFORD TOWNSHIP (313) 387-2650								
Gloria	Thurston High - Pool - 26255 Schoolcraft Rd	Aqua Zumba	MON & WED	6:15-7pm	10 wks	5-Oct	\$60/ 2 classes \$104	No Class 11/23/16
Jamelie	Redford Community Ctr-12121 Hemingway	Zumba Gold	MON	9:9:45am	5 wks	28-Nov	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/26/16 1/2/27
Jamelie	Redford Community Ctr-12121 Hemingway	Zumba Toning	TU	6-7pm	5 wks	6-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/27/16
Jamelie	Redford Community Ctr-12121 Hemingway	Lean Mean Kettlebell	TU	7:10-8pm	5 wks	6-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/27/16
Jamelie	Redford Community Ctr-12121 Hemingway	Burn 360	WED	6-6:50pm	5 wks	7-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/28/16
Jamelie	Redford Community Ctr-12121 Hemingway	Cardio Drumming Blast	WED	7-7:45pm	5 wks	7-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/28/16
Jamelie	Redford Community Ctr-12121 Hemingway	STRONG by Zumba	TH	6-6:50pm	5 wks	8-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/29/16
Jamelie	Redford Community Ctr-12121 Hemingway	Kettlebell-TRX Fusion	TH	7-7:50pm	5 wks	8-Dec	\$30/ 2- \$58/ 3-\$82/ 4-\$100	No Class 12/29/16
1 class \$65, 2 classes \$120, 3 classes \$165, 4 classes \$199								
SCHOOLCRAFT COLLEGE LIVONIA								
Amanda/Marissa	Livonia - 18600 Haggerty - Gym A	Hula Hoop Blast	SAT	10:30-11:30 am	10	14-Jan	\$99	
SOUTHGATE (734) 246-4633 CALL TO REGISTER!								
Jayne	Davidson - 15800 Trenton Rd	Lean & Mean Kettlebell	MON	6:10pm-7pm	10 wks	6-Feb	\$70	
Jayne	Davidson - 15800 Trenton Rd	Fat Burn Pilates	MON	7:10-8pm	10 wks	6-Feb	\$70	
EOE	Shelters Elem - 12600 Fordline	Zumba Gold	WED	6-6:50pm	10 wks	8-Feb	\$65	
Marissa	Shelters Elem - 12600 Fordline	Cardio Drumming	WED	7-7:50pm	10 wks	8-Feb	\$70	
Selena	Shelters Elem - 12600 Fordline	Biggest Loser Weightloss chall	TH	6:00-7:00pm	10 wks	9-Feb	\$75	
WESTLAND LEISURE PROGRAMS (734) 419-2427 CALL TO REGISTER!								
Melissa	Hicks Elem - 100 Helen, Inkster	Cardio Drumming	MON	5:30-6:15pm	10 wks	23-Jan	\$65	
Melissa	Hicks Elem - 100 Helen, Inkster	Biggest Loser Workout Challenge	MON	6:30-7:30pm	10 wks	23-Jan	\$70	
Cindy	John Glenn - Pool - 36105 Marquette	Aqua Zumba	TU	7:30-8:15pm	10 wks	24-Jan	\$65	
WOODHAVEN RECREATION CENTER-CALL 734-675-4926 TO REGISTER								
Lourdes	Woodhaven Recreation Center-21869 West Rd	Zumba	MON	6-7pm	8 wks	9-Jan	\$36 resident/\$41 non resident	
Lourdes	Woodhaven Recreation Center-21869 West Rd	Total Body Circuit	MON	7:10-8:00pm	8 wks	9-Jan	\$36 resident/\$41 non resident	
Cindy	Woodhaven High School Pool	Aqua Zumba	TU	6:15-7:00pm	6 wks	10-Jan	\$36 resident/\$41 non resident	
Tenille	Woodhaven Recreation Center-21869 West Rd	Pound-Rockout	TU	7-7:50pm	10 wks	10-Jan	\$65 resident/\$70 non resident	Free Demo 1/3/17
Melissa	Woodhaven Recreation Center-21869 West Rd	Zumba/Zumba Toning	TH	6:00-7:00pm	6 wks	12-Jan	\$36 resident/\$41 non resident	
Melissa	Woodhaven Recreation Center-21869 West Rd	Cardio Drumming	TH	7:10-7:55pm	6 wks	12-Jan	\$36 resident/\$41 non resident	
Corporate Wellness Programs-1-888-363-3635								
Cindy	Oakwood Corporate Services	Zumba	MON	5:15-6:15 pm	8 wks	23-Jan	\$36 1 day / \$60 both	Corporate Class
Jakika	Oakwood SouthShore	Zumba	TH	4:30-5:30pm	8 wks	7-Feb	\$36 1 day / \$60 both	Corporate Class
Marlana	Carhartt Inc	Kettlebell	Th	5:15-:6:15 pm	8wks	9-Feb	\$48 1day/ \$90 both	Corporate Class
Marlana	Carhartt Inc	Total Body Sculpt	TU	5:15-:6:15 pm	8wks	29-Nov	\$48 1day/ \$90 both	Corporate Class
Amanda	Oakwood SouthShore	Cardio Drumming Beat Blast	TH	5:15pm-6pm	10 wks	26-Jan		Corporate Class