

# APRIL 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1 April Fool's Day</b> 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp <b>*10am Bag Blast Kickboxing</b>
<b>2</b>	<b>3</b> 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout <b>5:15pm *TRX/KETTLE</b> 6:00pm Zumba 7:15pm Circuit Bootcamp <b>*6:00pm Bag Blast Boxing</b>	<b>4</b> 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming 7:00pm Cardio Barre <b>*7:00pm Bag Blast Boxing</b>	<b>5</b> 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	<b>6</b> 9:00am Total Body <b>*5:00pm Bag Blast/Kickbox</b> 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	<b>7</b> 6:00am Circuit Bootcamp 9:30am Zumba Toning <b>*9am-9:30am Boxing Circuit</b>	<b>8</b> 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp <b>*10am Bag Blast Kickboxing</b>
<b>9</b>	<b>10</b> 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout <b>5:15pm *TRX/KETTLE</b> 6:00pm Zumba 7:15pm Circuit Bootcamp <b>*6:00pm Bag Blast Boxing</b>	<b>11 Passover</b> 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming 7:00pm Cardio Barre <b>*7:00pm Bag Blast Boxing</b>	<b>12</b> 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	<b>13</b> 9:00am Total Body <b>*5:00pm Bag Blast/Kickbox</b> 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	<b>14 Good Friday</b> 6:00am Circuit Bootcamp 9:30am Zumba Toning <b>*9am-9:30am Boxing Circuit</b>	<b>15</b> CLOSED
<b>16 Easter</b>  Happy Easter! CLOSED	<b>17 Taxes Due</b>  CLOSED	<b>18</b> 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming 7:00pm Cardio Barre <b>*7:00pm Bag Blast Boxing</b>	<b>19</b> 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	<b>20</b> 9:00am Total Body <b>*5:00pm Bag Blast/Kickbox</b> 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	<b>21</b> 6:00am Circuit Bootcamp 9:30am Zumba Toning <b>*9am-9:30am Boxing Circuit</b>	<b>22 Earth Day</b> 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp <b>*10am Bag Blast Kickboxing</b>
<b>23</b>	<b>24</b> 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout <b>5:15pm *TRX/KETTLE</b> 6:00pm Zumba 7:15pm Circuit Bootcamp <b>*6:00pm Bag Blast Boxing</b>	<b>25</b> 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming 7:00pm Cardio Barre <b>*7:00pm Bag Blast Boxing</b>	<b>26</b> 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	<b>27</b> 9:00am Total Body <b>*5:00pm Bag Blast/Kickbox</b> 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	<b>28</b> 6:00am Circuit Bootcamp 9:30am Zumba Toning <b>*9am-9:30am Boxing Circuit</b>	<b>29</b> 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp <b>*10am Bag Blast Kickboxing</b>
<b>*SPECIALTY CLASSES</b> <b>TRX &amp; Kettlebell</b> <b>\$5 Drop In/Members - \$15/Non-Members</b> Must sign up prior to class via Mindbody		<b>ELEMENTS OF EXERCISE</b> 2434 S. TELEGRAPH, Dearborn, MI 1-888-363-3635, elementsofexercise.com Hours M-Th 8:30 a.m.-11 a.m.; 5:30 p.m.-8 p.m. FRI 9:00 a.m.-11:30 a.m. SAT 8 a.m.-11:00 a.m. Sunday-Closed			<b>Bag Blast Kickboxing</b> <b>Starting May 8th</b> 1 Day Member \$48/ Non Member \$72 2 Day Member \$88/Non Member \$112 3 Day Member \$120/ Non Member \$168 <b>Must Pre-Register</b>	