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ELEMENTS OF EXERCISE

[www.elementsofexercise.com](http://www.elementsofexercise.com)

Fall 2017

**ALLEN PARK TEC COMMUNITY CENTER - 888-363-3635 @ www.elementsofexercise.com**

Jamelie	APCC-15800 White St Allen Park	Total Body Bootcamp	MON	6-7pm	8 wks	18-Sep	See Below	
Jamelie	APCC-15800 White St Allen Park	Zumba	MON	7:10-8pm	8 wks	18-Sep	See Below	
Jayne	APCC-15800 White St Allen Park	Butts & Guts	WED	6-7pm	8 wks	13-Sep	See Below	
Jayne	APCC-15800 White St Allen Park	Kettlebell Toning	WED	7:10-8pm	8 wks	13-Sep	See Below	
Jamelie	APCC-15800 White St Allen Park	Body Sculpt	TU/TH	9-9:50am	8 wks	19-Sep	See Below	
Jamelie	APCC-15800 White St Allen Park	Body Sculpt	SAT	8:30-9:20am	8 wks	16-Sep	See Below	

**1 class \$53, 2 classes \$85, 3 classes \$101, 4 classes \$113, unlimited \$154!**

**DEARBORN (313) 827-1959 - CALL TO REGISTER REG ONLINE @ WWW.DEARBORNEONLINE.ORG**

Marlana/Marisa	Duvall Elem. 22561 Beech	Body Sculpt	M & W	7:10-8pm	10 wks	9/11 \$9/13	\$119	
Leticia	Stout School. - 18500 Oakwood Blvd	Cardio Shimmy	M	6:20-7:10pm	10 wks	11-Sep	\$69	
Leticia	Stout School. - 18500 Oakwood Blvd	Fat Burn Pilates	M	7:15-8pm	10 wks	11-Sep	\$69	
Audrey	Howard Elem. - 1611 N. York St.	Zumba Gold	TH	6-6:50	10 wks	21-Sep	\$69	
Kara	Duvall Elem. - 22561 Beech St.	Zumba	TU	6-7 pm	10 wks	12-Sep	\$69	
Marissa	O.L. Smith School - 23851 Yale	Kettibell	TU	6-6:50	10 wks	12-Sep	\$69	
Lisa W	Stout School. - 18500 Oakwood Blvd	Ballet Core Pilates Fusio	TU	7:10-8pm	10 wks	12-Sep	\$69	
Kara/ Mellissa	Duvall Elem. 22561 Beech/Howard 1611 N. York	Cardio Drumming	TU & TH	7:15-8pm	10 wks	9/12 & 9/21	\$69/\$119	
Veronica	O.L. Smith School - 23851 Yale	Kettlebell Strike	TH	6-6:50pm	10 wks	14-Sep	\$69/\$119	
Mellissa	Howard Elem. - 1611 N. York St.	Modern Line Dancing	WED	6-7pm	10 wks	13-Sep	\$69	
Veronica	O.L. Smith School - 23851 Yale	Aqua Zumba	TH	7:15-8pm	10 wks	14-Sep	\$69	
Lindsey	Henry Ford Elem - 16140 Driscoll	Aqua Aerobics	WED	6:30-7:30pm	10 wks	13-Sep	\$69	
Lindsey	Henry Ford Elem - 16140 Driscoll	Pool Exercise	TU	7:30-8:20pm	10 wks	12-Sep	\$69	
Lindsey	Henry Ford Elem - 16140 Driscoll	Water Walking	WED	5:30pm	10 wks	13-Sep	\$69	

**PLYMOUTH- CANTON COMMUNITY EDUCATION (734) 416-2937**

Amanda	West Middle-44401 W Ann Arbor, Plymouth	Zumba	MON	6:15-7:05pm	6 wks	26-Sep	\$42	<b>FREE CLASS 9/18!</b>
Amanda	West Middle-44401 W Ann Arbor, Plymouth	Fat Burn Yoga	MON	7:10-8pm	6 wks	26-Sep	\$42	<b>FREE CLASS 9/18!</b>
Abrea	Isbister-N Canton Center Rd, Canton	Biggest Loser Workout C	TU/TH	6:15-7:05pm	6 wks	27-Sep	\$79	<b>FREE CLASS 9/19!</b>
Abrea	Isbister-N Canton Center Rd, Canton	Butts & Guts	TU	7:10-8pm	6 wks	27-Sep	\$42	<b>FREE CLASS 9/19!</b>
Abrea	Isbister-N Canton Center Rd, Canton	Kettlebell Strike	TH	7:10-8pm	6 wks	29-Sep	\$42	<b>FREE CLASS 9/21!</b>
Alex	Tonda-46501 Warren Rd, Canton	Cardio Drumming	WED	6:15-7:05pm	6 wks	28-Sep	\$42	<b>FREE CLASS 9/20!</b>
Alex	Tonda-46501 Warren Rd, Canton	Pop Pilates	WED	7:10-8pm	6 wks	28-Sep	\$42	<b>FREE CLASS 9/20!</b>
Katie	West Middle-44401 W Ann Arbor, Plymouth	Core De Force	TH	7-7:50pm	6 wks	29-Sep	\$42	<b>FREE CLASS 9/21!</b>

**REDFORD TOWNSHIP (313) 387-2650**

Gloria	Thurston High - Pool - 26255 Schoolcraft Rd	Aqua Zumba	MON & WED	6:15-7pm	8 wks	25-Sep	\$50/class	
Jamelie	Redford Community Ctr-12121 Hemingway	Zumba and Zumba Tonir	TU	6-7pm	8 wks	26-Sep	\$53	<b>FREE CLASS 9/19</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Kettlebell Total Body	TU	7:10pm	8 wks	26-Sep	\$53	<b>FREE CLASS 9/19</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Circuit BootCamp	WED	6-7pm	8 wks	24-Sep	\$53	<b>FREE CLASS 9/20!</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Cardio Drumming	WED	7:10-8:10pm	8 wks	24-Sep	\$53	<b>FREE CLASS 9/20!</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Strong by Zumba	TH	6-7pm	8 wks	25-Sep	\$53	<b>FREE CLASS 9/21</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Kettlebell/TRX Fusion	TH	7:10-8pm	8 wks	25-Sep	\$53	<b>FREE Class 9/21</b>
Jamelie	Redford Community Ctr-12121 Hemingway	Zumba Gold	TH	9-9:45am	8 wks	25-Sep	\$53	<b>FREE Class 9/18!</b>

<b>SCHOOLCRAFT COLLEGE LIVONIA</b>								
Marissa	Livonia - 18600 Haggerty - Gym A	Hula Hoop Blast	SAT	10:30-11:30 am	12 wks	13-Sep	\$85	
<b>SOUTHGATE (734) 246-4633 CALL TO REGISTER!</b>								
Jayne	Davidson Elem-15800 Trenton Rd.	Kettlebell	MON	6:10-7:10pm	10 wks	18-Sep	\$78	
Marissa	Allen Elem-16500 McCann	Cardio Drumming	WED	6-7pm	10 wks	20-Sep	\$78	
<b>WESTLAND LEISURE PROGRAMS (734) 419-2427 CALL TO REGISTER!</b>								
Mellissa	Edison Elem-34505 Hunter Ave, Westland, MI 48185	Cardio Drumming	MON	5:30-6:15pm	10 wks	19-Sep	\$60	<b>FREE CLASS 9/18!</b>
<b>WOODHAVEN RECREATION CENTER-CALL 734-675-4926 TO REGISTER</b>								
Mellissa	Woodhaven Recreation Center-21869 West Rd	Zumba	MON	6-7pm	6 wks	11-Sep	\$41	
Mellissa	Woodhaven Recreation Center-21869 West Rd	Cardio Drumming	TH	7:15-8pm	6 wks	14-Sep	\$41	
<b>Corporate Wellness Programs-1-888-363-3635</b>								
Marlana	Carhartt	Kettlebell	MON	5:15-6pm	8 weeks	2-Oct		Corporate Class
Marlana	Carhartt	Total Body	TU	5:15-6pm	8 weeks	3-Oct		Corporate Class
Cindy	Oakwood Corporate Services	Zumba	TH	5:15-6:15 pm	8 weeks	20-Sep		Corporate Class