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ELEMENTS OF EXERCISE

www.elementsofexercise.com

Winter 2018

ALLEN PARK COMMUNITY CENTER - www.elementsofexercise.com

Veronica	APCC-15800 White St Allen Park	Total Body Bootcamp	MON	6-7pm		15-Jan	See Below	FREE 1/8!
Jayne	APCC-15800 White St Allen Park	Butts & Guts	WED	6-7pm		17-Jan	See Below	FREE 1/10!
Jayne	APCC-15800 White St Allen Park	Kettlebell Toning	WED	7:10-8pm		17-Jan	See Below	FREE 1/10!

Register at FREE classes, get \$5 off!! -1 class \$56, 2 classes \$88, 3 classes \$104, 4 classes \$115

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

Marlana/Tenille	Duval Elem. 22561 Beech	Body Sculpt	M & W	7:10-8pm	8 wks	1/23 & 1/24	\$56/\$99	*no class 2/19 & 2/21
Leticia	Stout School. - 18500 Oakwood Blvd	Cardio Shimmy	MON	6:20-7:10pm	8 wks	22-Jan	\$56	*no class 2/19
Leticia	Stout School. - 18500 Oakwood Blvd	Fat Burn Pilates	MON	7:15-8pm	8 wks	22-Jan	\$56	*no class 2/19
Melissa	Howard Elem. - 1611 N. York St.	Zumba Gold	TH	6-6:50	8 wks	25-Jan	\$56	*no class 2/22
Kara	Duval Elem. - 22561 Beech St.	Zumba	TU	6-7 pm	8 wks	23-Jan	\$56	*no class 2/20
Lindsey	O.L. Smith School - 23851 Yale	Kettlebell	TU	6-6:50	8 wks	23-Jan	\$56	*no class 2/20
Lisa W	Stout School. - 18500 Oakwood Blvd	Ballet Core Pilates Fusion	TU	7:10-8pm	8 wks	23-Jan	\$56	*no class 2/20
Kara/ Lindsey	Duval Elem. 22561 Beech/Howard 1611 N. York	Cardio Drumming	TU & TH	7:15-8pm	8 wks	1/23 & 1/25	\$56/\$99	*no class 2/20 & 2/22
Veronica	O.L. Smith School - 23851 Yale	Kickboxing Sculpt	TH	6-6:50pm	8 wks	25-Jan	\$56	*no class 2/22
Linda	Howard Elem. - 1611 N. York St.	Modern Line Dancing	WED	6-7pm	8 wks	24-Jan	\$56	*no class 2/21
Veronica	O.L. Smith School - 23851 Yale	Aqua Zumba	TH	7-7:45pm	8 wks	25-Jan	\$56	*no class 2/22
Lindsey	Henry Ford Elem - 16140 Driscoll	Aqua Aerobics	WED	6:30-7:30pm	8 wks	24-Jan	\$56	*no class 2/21
Lindsey	Henry Ford Elem - 16140 Driscoll	Pool Exercise	TU	7:30-8:20pm	8 wks	23-Jan	\$56	*no class 2/20
Lindsey	Henry Ford Elem - 16140 Driscoll	Water Walking	WED	5:30pm	8 wks	24-Jan	\$56	*no class 2/21

PLYMOUTH-CANTON (734) - CALL TO REGISTER OR ONLINE @ PCCREGISTER.COM

Amanda	Bird Elementary-220 Sheldon Rd	Zumba	MON	6:15-7:05pm	8 wks	22-Jan	\$59	
Amanda	Bird Elementary-220 Sheldon Rd	Fat Burn Yoga	MON	7:10-8pm	8 wks	22-Jan	\$59	
Abrea	Smith Elem-1298 Mckinley, Plymouth	Biggest Loser Workout C	TU/TH	6:15-7:05pm	8 wks	16-Jan	\$99	
Abrea	Smith Elem-1298 Mckinley, Plymouth	Butts & Guts	TU	7:10-8pm	8 wks	16-Jan	\$59	
Abrea	Smith Elem-1298 Mckinley, Plymouth	Kettlebell Strike	TH	7:10-8pm	8 wks	18-Jan	\$59	
Alex	Tonda-46501 Warren Rd, Canton	Cardio Drumming	WED	6:15-7:05pm	8 wks	17-Jan	\$59	
Alex	Tonda-46501 Warren Rd, Canton	Pop Pilates	WED	7:10-8pm	8 wks	17-Jan	\$59	

REDFORD TOWNSHIP (313) 387-2650

Gloria	Thurston High - Pool - 26255 Schoolcraft Rd	Aqua Zumba	MON & WED	6:15-7pm	8 wks	14-Feb	\$50/class	
Tenille	Redford Community Ctr-12121 Hemingway	Kettlebell Total Body	TU	7:10pm	8 wks	13-Feb	\$53	
	Redford Community Ctr-12121 Hemingway	Zumba	TU	6:00pm	8 wks	13-Feb	\$53	
Melissa	Redford Community Ctr-12121 Hemingway	Circuit BootCamp	WED	6-7pm	8 wks	31-Jan	\$53	
Melissa	Redford Community Ctr-12121 Hemingway	Cardio Drumming	WED	7:10-8:10pm	8 wks	31-Jan	\$53	
	Redford Community Ctr-12121 Hemingway	Strong by Zumba	TH	6-7pm	8 wks	1-Feb	\$53	
Tennille	Redford Community Ctr-12121 Hemingway	Kettlebell/TRX Fusion	TH	7:10-8pm	8 wks	1-Feb	\$53	
Veronica	Redford Community Ctr-12121 Hemingway	Early Risers Bootcamp	Mon	5:30am-6:15am	8 wks	12-Feb	\$53	
Veronica	Redford Community Ctr-12121 Hemingway	Early Risers Bootcamp	TH	5:30am-6:15am	8 wks	1-Feb	\$53	

SOUTHGATE (734) 246-4633 CALL TO REGISTER!

Jayne	Davidson Elem-15800 Trenton Rd.	Kettlebell	MON	6:10-7pm	10 wks	12-Feb	\$78	
Jayne	Davidson Elem-15800 Trenton Rd.	Fat Burn Pilates	MON	7:10-8pm	10 wks	12-Feb	\$78	
	Allen Elem-16500 McCann	Cardio Drumming	WED	6-7pm	10 wks	14-Feb	\$78	

TAYLOR RECREATION CENTER- 1-734-374-8900 TO REGISTER

Marlana	Taylor Recreation Center-22805 Goddard	Contact Kickboxing and Sculpt	Tu	7:10-8pm	8 wks	23-Jan	\$50	
Marlana	Taylor Recreation Center-22805 Goddard	Total Body	TH	9-10am	8 wks	25-Jan	\$50	

WESTLAND LEISURE PROGRAMS (734) 419-2426 CALL TO REGISTER!									
Lindsey	Marshall Upper Elem 35100 Bayview Westland	Cardio Drumming	MON	5:30-6:15pm	10 wks	22-Jan	\$60		
WOODHAVEN RECREATION CENTER-CALL 734-675-4926 TO REGISTER									
Linda	Woodhaven Recreation Center-21869 West Rd	Cardio Drumming	TH	7:15-8pm	6 wks	11-Jan	\$41		
Corporate Wellness Programs-1-888-363-3635									
Marlana	Carhartt	Kettlebell	MON	5:15-6pm	8 weeks	29-Jan		Corporate Class	
Marlana	Carhartt	Total Body	TU	5:15-6pm	8 weeks	3-Jan		Corporate Class	