

OCTOBER CLASS SCHEDULE

Effective 10/16/2018

	Time	Class	Instructor	#
Monday				
	5:30am	Cardio Muscle Cond	Jennifer Gray	1
	8:15am	Cardio and Weights	Julie Hirsch	1
**Sign-In	9:30am	Spinning	Mike Minielly	2
	9:30am	Full Body Training	Steve Fink	1
	10:30am	Zumba	Lois Costello	1
	12:00pm	Silver Sneakers Toning	Lois Costello	1
	5:30pm	Basic Training	Mike Minielly	1
**Sign-In	5:30pm	Spinning 45	Ally Cohen	2
	6:30pm	Butts & Gutts	Don Frazier	1
Tuesday				
**Sign-In	6:00am	Spinning	Ally Cohen	2
	7:30am	Butts & Gutts	Don Frazier	1
	8:30am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	9:30am	Spinning	Steve Fink	2
	9:30am	Zumba	Julie Hirsch	1
	10:30am	Yoga	Mark Whitehead	1
	5:30pm	Omovement	Omar Akl	1
	5:30pm	Full Throttle 50 mins	Don Frazier	3
	6:30pm	Zumba beat	Mariya Priymak	1
Wednesday				
**Sign-In	8:15am	Abs and Arms	Mike Ligotti	1
	9:15am	Spinning	Mike minielly	2
	9:30am	Zumba	Lois Costello	1
	10:30am	Yoga Fusion	Karen Ockner	1
	5:30pm	TRX	Mike Minielly	3
	5:30pm	Club Zumba	Susie Seigle	1
**Sign-In	5:30pm	Spinning	Rebecca Starr	2
	6:30pm	Animal Flow	Omar Akl	3
	6:30pm	Butts & Gutts	Don Frazier	1
Thursday				
*Sign-in	6:00am	Spinning	Ally Cohen	2
	8:00am	Build That Body	Dena Raptis	1
	9:00am	Basic Training	Mike Minielly	1
	10:00am	Spinning	Julie Hirsch	2
	10:30am	Silver Sneakers Toning	Lois Costello	1
**Sign-In	5:30pm	Spinning	Mike Minielly	2
**Sign-In	6:00pm	Boxing	Omar Akl	3
	6:30pm	Dancercise	Mariya Priymak	1
Friday				
	5:30am	Boxing Boot Camp	Jennifer Gray	3
	6:00am	Spinning	Ally Cohen	2
*Sign-in	7:30am	Butts & Gutts	Don Frazier	1
	8:00am	Target Training	Mike Ligotti	3
	8:45am	Club Zumba	Julie Hirsch	1
	9:00am	Spinning	Steve Fink	2
*Sign-in	10:00am	Barre & Body Sculpt	Andrea Bernstein	1
Saturday				
	8:00am	Basic Training	Mike Minielly	1
	9:00am	Spinning 45	Mike Minielly	2
**Sign-In	9:30am	Boxing Boot Camp	Omar Akl	3
	9:30am	Zumba/Zumba Toning	Lois Costello	1
	10:00am	Spinning	Michael Piper	2
**Sign-In	11:00am	Yoga Stretch/Strengthen	Nichole Ferguson	1
Sunday				
	8:00am	Spinning	Mike Minielly	2
	8:30am	Full Body TRX	Julie Hirsch	3
	8:45am	Muscle Conditioning	Andrea Bernstein	1
**Sign-In	10:00am	Zumba	Julie Hirsch	1
	10:00am	Cardio Kickboxing	Jennifer Gray	3
	11:15am	Slowburn Yoga	Karen Ji	1



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Classes Per Week
FREE

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\$79.99
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+70 Classes Per Week
FREE Free Session with a Personal Trainer
\$70 Value

*Up to 4 people, must live in same residence with proof of address or id req'd. Children over 12 years of age. With Denice's Deals Coupon. Fees/Restrictions apply, call for details. Valid at W. Bloomfield Location Only. Exp. 11/15/18

AVOID HAVING TO RUSH... CALL AHEAD TO RESERVE YOUR PLACE.. (248)539-3370