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ELEMENTS OF EXERCISE

www.elementsofexercise.com / 888-363-3635

SPRING 2010

INSTRUCTOR	LOCATION	CLASS	DAY	TIME	# WEEKS	START DATES	PRICE/PERSON	
ELEMENTS OF EXERCISE STUDIO - (888) 363-3635 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Kara	EOE-23910 Carlisle-Dearborn	Bootcamp	M,W,F	6am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-23910-Carlisle-Dearborn	PIYO(Pilates&Yoga)	MON	9am	ongoing	ongoing	call or visit for prices	
Suzanne	EOE-23910-Carlisle-Dearborn	Babes with Bands	MON	6pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-23910-Carlisle-Dearborn	Zumba Toning	MON	7pm	ongoing	ongoing	call or visit for prices	
Suzanne	EOE-23910-Carlisle-Dearborn	Body Sculpt	TU	9am	ongoing	ongoing	call or visit for prices	
Jen K.	EOE-23910 Carlisle-Dearborn	Turbo Kick/Jam & Sculpt	TU	6pm	ongoing	ongoing	Call or visit for prices	
Heather	EOE-23910 Carlisle-Dearborn	Bikini Bootcamp	TU	7:15-8pm	ongoing	ongoing	call or visit for prices	April 6th start date!
Kara	EOE-23910 Carlisle-Dearborn	Zumba	WED	9:30am	ongoing	ongoing	call or visit for prices	
Leticia	EOE-23910 Carlisle-Dearborn	Adult Cardio Hip Hop	WED	6pm	ongoing	ongoing	call or visit for prices	
Leticia	EOE-23910 Carlisle-Dearborn	Ballet-Core-Pilates-Fusion	WED	7pm	ongoing	ongoing	call or visit for prices	
Leticia	EOE-23910 Carlisle-Dearborn	*Pole Dance 101	WED	8pm	4 weeks	17-Mar	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	Total Body Conditioning	TH	9am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-23910 Carlisle-Dearborn	Lean & Mean Kettle Bell	TH	6pm	ongoing	ongoing	call or visit for prices	
Erica	EOE-23910 Carlisle-Dearborn	Zumba	TH	7pm	ongoing	ongoing	call or visit for prices	
Gloria	EOE-23910 Carlisle-Dearborn	Zumba Toning	FRI	9:30am	ongoing	ongoing	call or visit for prices	
Jen K	EOE-23910 Carlisle-Dearborn	Turbo Kick/Jam & Sculpt	FRI	6pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	POLE Dance 101	FRI	7:30pm	4 wks	19-Mar	call or visit for prices	
Veronica	EOE-23910 Carlisle-Dearborn	Lean & Mean Kettle Bell	SAT	8am	ongoing	ongoing	call or visit for prices	
Michelle C.	EOE-23910 Carlisle-Dearborn	Contact Kickbox	SAT	9am	ongoing	ongoing	call or visit for prices	
Lourdes	EOE-23910 Carlisle-Dearborn	Zumba	SAT	10am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-23910 Carlisle-Dearborn	Balance Ball Booty Blast	SAT	11am	ongoing	ongoing	call or visit for prices	
EOE	EOE-23910 Carlisle-Dearborn	PT & Group PT	open	call today!	ongoing		call or visit for prices	
ALLEN PARK (313) 928-0771 - CALL TO REGISTER								
Erica	AP Civic Center - 15800 White St.	Zumba	TU	6-7pm	6 wks	9-Mar	\$42	
Nina	AP Civic Center - 15800 White St.	Mat Pilates	TH	6-7pm	6 wks	11-Mar	1 day \$39/ 2 days \$69	
Nina	AP Civic Center - 15800 White St.	Mat Pilates	SAT	9-10am	6 wks	13-Mar	1 day \$39/ 2 days \$69	
Veronica	AP Civic Center - 15800 White St.	Bikini Boot Camp	WED	6-7pm	6 wks	10-Mar	1 day \$39/ 2 days \$69	*No class 4/7
Veronica	AP Civic Center - 15800 White St.	Lean and Mean Kettlebells	WED	7:15-8:05pm	6 wks	10-Mar	\$39	* No class 4/7
Nina	AP Civic Center - 15800 White St.	Bikini Boot Camp	SAT	10:10-11:10am	6 wks	13-Mar	1 day \$39/ 2 days \$69	*No class 3/27 & 4/3
Dionne	AP Civic Center - 15800 White St.	Butts & Gutts	MON	6-7pm	6 wks	8-Mar	\$39	
DEARBORN (313) 827-1959 - CALL TO REGISTER REG ONLINE @ WWW.DEARBORNCEONLINE.ORG								
Kara	Duval Elem. - 22561 Beech	Zumba	TU	6-7 pm	6 wks	27-Apr	\$36	
Kara	Duval Elem. - 22561 Beech	Prenatal Yoga	TU	7:15-8pm	6 wks	27-Apr	\$38	
Michelle C.	Stout School - 18500 Oakwood Blvd	Mean and Lean Kettelbells	TU	7:10-8pm	6 wks	27-Apr	\$36	
Leticia	Stout School - 18500 Oakwood Blvd	Cardio Hip Hop	MON	6:30-7:15pm	6 wks	26-Apr	\$36	* No class 5/31
Leticia	Stout School - 18500 Oakwood Blvd	Ballet-Core-Pilates-Fusion	MON	7:20-8:15pm	6 wks	26-Apr	\$36	* No class 5/31
Michele S.	Stout School - 18500 Oakwood Blvd	Fit, Firm, & Fab FOREVER!	MON	5:30-6:20pm	6 wks	26-Apr	\$36	* No class 5/31
Michelle C.	Stout School - 18500 Oakwood Blvd	Bikini Bootcamp	TU/TH	6-7pm	6 wks	4/27 & 4/29	\$36/1-day, \$68/2-days	
Michelle C.	Stout School - 18500 Oakwood Blvd	Butts & Gutts	TH	7:10-8pm	6 wks	29-Apr	\$36	
Veronica	Stout School - 18500 Oakwood Blvd	Aqua Zumba	TH	7:30-8:20pm	6 wks	29-Apr	\$36	
Jen K.	Stout School. - 18500 Oakwood Blvd	Total Body Conditioning	WED	6-7pm	6 wks	28-Apr	\$36	
Jen K.	Stout School. - 18500 Oakwood Blvd	Hard-CORE Abs	WED	7:10-8pm	6 wks	28-Apr	\$36	
Melissa	Howard Elem. - 1611 N. York St.	Zumba Gold	WED	6-6:50pm	6 wks	28-Apr	\$36	
Melissa	Howard Elem. - 1611 N. York St.	Zumba Toning	WED	7-8pm	6 wks	28-Apr	\$36	

DEARBORN HEIGHTS (313) 791-3600 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE OR CALL TO REGISTER!								
EOE Staff	Canfield - 1801 N. Beech Daly	Zumba	FRI	6-7pm	8 wks	16-Apr	\$50	FREE CLASS 4/9!
Veronica	Eton Senior Center-4900 Pardee	Zumba Gold	TH	12:30pm	6 wks	18-Mar	\$30	FREE CLASS 3/11!
Lourdes	Eton Senior Center-4900 Pardee	Zumba Gold	MON	9:30am	6 wks	8-Mar	\$30	FREE CLASS 3/11!
Erica	Berwyn Senior Center-26155 Richardson	Zumba Gold	TH	9:30am	8 wks	11-Mar	\$30	FREE CLASS 3/4!
HENRY FORD WYANDOTTE HOSPITAL CENTER FOR HEALTH SERVICES - (888) 363-3635 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Lourdes	CFHS-23050 West Rd., Brownstown	Zumba/Zumba Toning	TU	6-7pm	8 wks	13-Apr	\$48/2 classes \$78	FREE CLASS 4/6!
Lourdes	CFHS-23050 West Rd., Brownstown	Butts & Gutts	TU	7:10-8pm	8 wks	13-Apr	\$48/2 classes \$78	* No classes 4/20 & 4/27
CFHS-Prices:1 day= \$50, 2 days=\$85								
ICE BOX SPORTS CENTER (BROWNSTOWN) (734) 676-5500 - (888) 363-3635 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Lourdes	21902 Telegraph Rd., Brownstown	Zumba Toning	MON	6-7 pm	8 wks	12-Apr	\$58/Mix & Match Below	FREE CLASS 4/5
Lourdes	21902 Telegraph Rd., Brownstown	Balance Ball Booty Ab blast	MON	7:10-8pm	8 wks	12-Apr	\$58/Mix & Match Below	FREE CLASS 4/5
Raquel V.	21902 Telegraph Rd., Brownstown	Fat Burn & Sculpt Bootcamp	WED	6pm-7pm	8 wks	14-Apr	\$58/Mix & Match Below	FREE CLASS 4/7!
Ice Box Location - 1-day=\$48, 2-days=\$78, 3 days=\$98, Unlimited=\$120 - Ice Box Location								
GARDEN CITY MAPLEWOOD CENTER 734-793-1850 OR WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Gloria	Maplewood-31735 Maplewood	Zumba Kids	TH	6:30-7:15pm	6 wks	8-Apr	\$30	
Gloria	Maplewood-31735 Maplewood	Zumba	TH	7:30-8:30pm	6 wks	8-Apr	\$36	
Kara	Maplewood-31735 Maplewood	Zumba Gold	MON	9:30-10:15am	6 wks	12-Apr	\$30	
EOE	Maplewood-31735 Maplewood	Kids Fit and Healthy Camp	Mon & Wed	10:30-11:30	4 wks	July	\$42	
GIBRALTAR COMMUNITY CENTER (734) 671-1466 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Tiffany	Gibraltar-29340 S. Gibraltar Rd	Zumba	TU	6-7pm	10 wks	20-Apr	\$60	FREE CLASS 4/13!
Dionne	Gibraltar-29340 S. Gibraltar Rd	Total Body Conditioning	WED	6-7pm	10 wks	21-Apr	\$55	FREE CLASS 4/14!
GROSSE ILE (734) 675-2364 CALL TO REGISTER								
Lourdes	Centennial Farms - 25797 3rd St.	Zumba	TH	6-7pm	10 wks	8-Apr	\$60	FREE Class 4/1!
Lourdes	Centennial Farms - 25797 3rd St.	Circuit Training/ Interval Class	TH	7:10-8pm	10 wks	8-Apr	\$60	
Lourdes	TBD-GI School	Zumbatomic (Kids)	TH	4-4:45pm	6 wks	22-Apr	\$30	FREE CLASS 4/8!
EOE	Waters Edge	Aqua Zumba	TBD	TBD	6 wks	June	\$36	
Laura	Centennial Farms - 25797 3rd St.	Fit an Fab Forever!	SAT	9:05-10am	10 wks	10-Apr	\$60	*No class 5/29
HURON TWP. w/YWCA (734) 284-9030 CALL TO REGISTER								
Lourdes	Miller Elem - 18955 Hannan Rd	Zumba	WED	6-7pm	10 wks	31-Mar	\$60	* No class 4/7
Lourdes	Miller Elem - 18955 Hannan Rd	Ball Blast	WED	7:10-8pm	10 wks	31-Mar	\$60	* No class 4/7
Heather	Brown Elem	Bootcamp	TH	6-7pm	9 wks	15-Apr	\$54	
Heather	Brown Elem	Power Core & Abs	TH	7:10-8pm	9 wks	15-Apr	\$54	
LINCOLN PARK REGISTER @ THE BANDSHELL or Online www.lincolnparkrec.com								
Veronica	Bandshell - 3240 Ferris	Zumbatomic (Kids)	MON	6-6:40pm	6 wks	1-Mar	\$30/non res \$35	
Veronica	Bandshell - 3240 Ferris	Zumba	MON	7-8pm	6 wks	1-Mar	\$36/ non res \$41	
Kelly	Bandshell - 3240 Ferris	Hard-CORE Abs	TU	6-6:50pm	8 wks	16-Mar	\$46/ non res \$51	
Kelly	Bandshell - 3240 Ferris	Body Blast Boot Camp	TU	7-8pm	8 wks	16-Mar	\$48/ non res \$53	
EOE	Community Center	Aqua Zumba	TBD	TBD	TBD	TBD		
MELVINDALE (313) 429-1088 or 429-1089								
Melissa	Civic Arena-4300 S. Dearborn St, Melvindale	Zumba	TH	7-8 pm	6 wks	11-Mar	\$35	
PLYMOUTH- CANTON COMMUNITY EDUCATION (734) 416-2937								
Michelle C.	Husling School-8055 Fleet Street, Canton	Lean and Mean Kettlebells	MON	6-6:50pm	6 wks	12-Apr	\$39	*No class 5/31/10
Michelle C.	Husling School-8055 Fleet Street, Canton	Ultimate Circuit Training	MON	7-8pm	6 wks	12-Apr	\$39	*No class 5/31/10
Suzanne	Husling School-8055 Fleet Street, Canton	Turbo Kick/Jam	THUR	7-8pm	6 wks	15-Apr	\$39	
Suzanne	Husling School-8055 Fleet Street, Canton	Hula Hoop Blast	THUR	6-6:50pm	6 wks	15-Apr	\$39	
Holly	Hoben Café	Zumba	TUES	8-9pm	8 wks	27-Jan	\$52	
POWERHOUSE GYM LINCOLN PARK 1.888.363.3635 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE TO REGISTER!								
Nina	PowerHouse LP-2146 Fort Street	Bootcamp	MON	6-7pm	8 wks	12-Apr	\$48	FREE CLASS 4/5/10!
Nina	PowerHouse LP-2146 Fort Street	Hard-CORE Abs	MON	7:10-8pm	8 wks	12-Apr	\$48	FREE CLASS 4/5/10!
Heather	PowerHouse LP-2146 Fort Street	Kettlebells	WED	6-7pm	8wks	14-Apr	\$48	FREE CLASS 4/7/10!
Kelly N.	PowerHouse LP-2146 Fort Street	Zumba	WED	7-8pm	8 wks	21-Apr	\$48	FREE CLASS 4/14/10!

SCHOOLCRAFT COLLEGE LIVONIA								
Heather	Livonia - 18600 Haggerty - Gym A	Hula Hoop Blast	SAT	10:30-11:30 am	10 wks	27-Mar	\$69	
SOUTHGATE (734) 246-4633 CALL TO REGISTER!								
Kara	Shelters Elem - 12600 Fordline	Zumba GOLD	WED	6:15-7 pm	6 wks	28-Apr	\$30	
Kara	Shelters Elem - 12600 Fordline	Zumba	WED	7:10-8:10pm	6 wks	28-Apr	\$36	
Kara	Shelters Elem - 12600 Fordline	Zumbatomic (Kids)	WED	5:15-6:00pm	6 wks	28-Apr	\$30	
Open	Shelters Elem - 12600 Fordline	Hula Hoop Blast	MON	5-6pm	6 wks	25-Mar	\$36	
Heather	Shelters Elem -Café- 12600 Fordline	Lean Mean KettleBells	MON	6:20-7:20pm	6 wks	26-Apr	\$36	
SOKOL CULTURAL CENTER- REGISTER ONLINE @ WWW.MYCLASSPRO.COM-1888-363-3635								
Gloria	23600 W Warren-Dearborn Heights	Zumba	WED	6-7pm	6 wks	3-Mar	\$36	
TRENTON (734) 675-7300 CALL TO REGISTER!								
Tiffany	Anderson School - 2600 Harrison Ave.	Zumba	MON	7-8pm	6 wks	1-Mar	1-day \$36	
TBD	Kennedy Rec Center	Aqua Zumba	TBD	TBD	6 wks	June		
VAN BUREN TWP RECREATION CENTER								
Holly	Van Buren Rec-46425 TYLER RD	Zumba	THU	7-8pm	8 wks	11-Mar	\$48	
WAYNE COUNTY COMMUNITY COLLEGE								
Kara	Downriver Campus-Northline	Zumba Gold	TBD	TBD		May		
Veronica	Western Campus	Zumba Gold	TBD	TBD		May		
Pati	Downriver Campus-Northline	Zumba	TBD	TBD		May		
EOE	Downriver Campus-Northline	Kids Fit Camp	TBD	TBD		June		
WESTLAND BAILEY RECREATION CENTER (734) 722-7620 CALL TO REGISTER!								
Mira	Bailey Center - 36551 Ford Rd	Zumba	WED	7-8pm	8 wks	10-Mar	\$48	
WESTLAND LEISURE PROGRAMS (734) 419-2427 CALL TO REGISTER!								
Mira	Hicks Elem - 100 Helen, Inkster	Zumba	MON	7-8pm	6 wks	19-Apr	\$36	
WAYNE - (888) 363-3635 - WWW.MYCLASSPRO.COM/ELEMENTSOFEEXERCISE TO REGISTER!								
Mellissa	Wayne Community Ctr. - 4635 Howe Rd.	Zumba	MON	7-8pm	8 wks	15-Mar	1 day \$42, 2 days/ \$72, 3 days/ \$90	
Suzanne	Wayne Community Ctr. - 4635 Howe Rd.	Fat Burn & Sculpt Bootcamp	TU	6-7pm	8 wks	16-Mar	1 day \$42, 2 days/ \$72, 3 days/ \$90	
Dionne	Wayne Community Ctr. - 4635 Howe Rd.	Balance Ball Booty Blast	THU	6-7pm	8 wks	18-Mar	1 day \$42, 2 days/ \$72, 3 days/ \$90	
Wayne Rec Location - 1-class=\$42, 2-classes=\$72, 3 classes=\$90, - Wayne Rec								
YPSILANTI TWP - (734) 544-3800 CALL TO REGISTER!								
Lindsey	Ypsilanti Recreation- 2025 Clark Rd.	Body Blast Boot Camp	TU	7:30-8:30 pm	8 wks	9-Mar	NR=\$58, YTR=\$48, 50+MBR=\$43	*no class 3/16
Angela	Ypsilanti Recreation- 2025 Clark Rd.	Zumba	WED	7:30-8:30 pm	8 wks	10-Mar	NR=\$58, YTR=\$48, 50+MBR=\$43	
CORPORATE CLASSES								
Mellissa	BCBS Metro	Zumba	TU & THU	4:30pm	6 wks	23-Feb	1 Days \$36/ 2 days \$60	FULL!
Kara	BCBS Downtown	Zumba	TH	4:30pm	6 wks	18-Mar	1 day/ \$36	register online
Kara	Aisin	Zumba	TU	12pm	6 wks	16-Mar		
Suzanne	Aisin	20/20/20	TH	12pm	6wks	18-Mar		