

FREE FITNESS CLASSES

ELEMENTS OF EXERCISE STUDIO

1ST CLASS FREE

23910 CARLYSLE

DEARBORN MI 48125

www.ElementsofExercise.com for complete
class schedule

DEARBORN HEIGHTS

Canfield Community Center

Zumba

FREE CLASS 1/8/10 @ 6pm!

Eton Senior Center

Zumba Gold

FREE CLASS 1/11/10 @ 9:30 AM & 1/14/10 @
12:30PM!

Berwyn Senior Center

Zumba Gold

FREE CLASS 1/14/10 @ 9:30AM

Brownstown

Henry Ford Center For Health Services

CFHS-23050 West Rd., Brownstown

Zumba

FREE CLASS 1/19/10 @ 6:00pm

Ice Box Sports Center

21902 Telegraph Rd., Brownstown

Zumba

FREE CLASS 1/4/10 @ 6:00pm

Fat Burn and Sculpt Bootcamp

FREE CLASS 1/6/10 @ 6:00pm

Garden City

Maplewood-31735 Maplewood

Maplewood Community Center

Zumba

FREE CLASS 1/7/10 @ 7:30pm

Zumbatomic

FREE CLASS 1/7/10 @ 6:30pm

Zumba Gold

FREE CLASS 1/11/10

GIBRALTER COMMUNITY CENTER

Zumba

FREE CLASS 1/26/10 @ 6:00PM

Total Body Conditioning

FREE CLASS 1/27/10 @ 6:00pm

GROSSE ILE

CENTENIAL FARM

Centennial Farms - 25797 3rd St.

Zumba

FREE CLASS 1/7/10 @ 6PM

HURON TOWNSHIP

Miller Elem - 18955 Hannan Rd

Zumba

FREE CLASS 1/13/10 @ 6PM

LINCOLN PARK

BANDSHELL

Bandshell - 3240 Ferris

ZUMBA

FREE CLASS 1/11/10 @ 7:00PM

ZUMBATOMIC

FREE CLASS 1/11/10 @ 6:00PM

MELVINDALE

Civic Arena-4300 S. Dearborn St, Melvindale

ZUMBA

FREE CLASS 1/14/10 @ 7:00PM

SOUTHGATE

Shelters Elem - 12600 Fordline

ZUMBA

FREE CLASS @ 2/3/10 @ 7:00PM

SOKOL CULTURAL CENTER

23600 W Warren-Dearborn Heights

ZUMBA

FREE CLASS 1/6/10 @ 6:00PM

TRENTON

Anderson School - 2600 Harrison Ave.

ZUMBA

FREE CLASS 1/5/10 @ 7:00PM

ZUMBA

Kennedy Center Rec - 3101 West Rd.

FREE CLASS 1/7/10 @ 9:15 AM

VANBUREN TOWNSHIP

Van Buren Rec-46425 TYLER RD

ZUMBA

FREE CLASS 1/7/10 @ 7:00PM

WESTLAND

Hicks Elem - 100 Helen, Inkster

Zumba Toning

FREE CLASS 1/11/10 @ 6:00pm

Zumba

FREE CLASS 1/11/10 @ 7:00pm

Bailey Center - 36551 Ford Rd

Zumba

FREE CLASS 1/6/10 @ 7:00pm

WAYNE COMMUNITY CENTER

Wayne Community Ctr. - 4635 Howe Rd.

ZUMBA

FREE CLASS 1/11/10 @ 7:00PM

FAT BURN AND SCULPT BOOT CAMP

FREE CLASS 1/12/10 @ 6:00PM

BALANCE BALL BOOTY BLAST

FREE CLASS 1/14/10 @ 6:00PM

AQUA ZUMBA

FREE CLASS 1/15/10 @ 8:00AM

CHAIR EXERCISE CLASS

FREE CLASS

1/13/10 @ 9:30AM