

**CLICK ON "+" (ON TOOLBAR) TO MAKE BIGGER!**

**ELEMENTS OF EXERCISE**

www.elementsofexercise.com / 888-363-3635

**WINTER 2012**

INSTRUCTOR	LOCATION	CLASS	DAY	TIME	# WEEKS	START DATES	PRICE/PERSON	
<b>ELEMENTS OF EXERCISE STUDIO - (888) 363-3635 - WWW.ELEMENTSOFEXERCISE-SHAPE.NET TO REGISTER!</b>								
EOE PT's	EOE-2434 S. Telegraph Rd. - Dearborn	NY-NU-BOOTCAMP!	M-F	5:30AM-7:30AM	1 week	1/9	call or visit for prices	Includes Diet Plan
EOE PT's	EOE-2434 S. Telegraph Rd. - Dearborn	NY-NU-BOOTCAMP!	M-F	5:30PM-7:30PM	1 week	1/9	call or visit for prices	Includes Diet Plan
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	R.I.P.P.E.D	MON	6am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	PIYO (Pilates&Yoga)	MON	9am	ongoing	ongoing	call or visit for prices	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	TRX COMBO-MAIN	MON	5:15pm-5:55pm	ongoing	ongoing	\$5 - DROP IN MEMBERS, \$10-NM	CALL TO RESERVE!
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	MON	6pm	ongoing	ongoing	call or visit for prices	
Katt	EOE-2434 S. Telegraph Rd. - Dearborn	Cardio Sculpt	MON	7:15pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	EOE CYCLE	MON	7:15-8pm	ongoing	ongoing	\$5 - DROP IN MEMBERS, \$10-NM	CALL TO RESERVE!
Melissa	EOE-2434 S. Telegraph Rd. - Dearborn	EOE CYCLE	TU	6-6:45am	Starts 1/3	3-Jan	\$5-DROP IN MEMBERS, \$10-NM	CALL TO RESERVE!
Angie	EOE-2434 S. Telegraph Rd. - Dearborn	Body Sculpt	TU	9am	ongoing	ongoing	call or visit for prices	
Jen	EOE-2434 S. Telegraph Rd. - Dearborn	Turbo Kick/Jam & Sculpt	TU	6pm	ongoing	ongoing	call or visit for prices	
Jen	EOE-2434 S. Telegraph Rd. - Dearborn	Cardio Pilates	TU	7:15pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Ultimate Circuit	WED	6am	ongoing	ongoing	call or visit for prices	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	WED	9:30am	ongoing	ongoing	call or visit for prices	
Leticia	EOE-2434 S. Telegraph Rd. - Dearborn	Flirty Girl-Booty Beat	WED	6pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	EOE CYCLE	WED	7:15-8pm	TBD	TBD	\$5-DROP IN MEMBERS, \$10-NM	CALL TO RESERVE!
Staff	EOE-2434 S. Telegraph Rd. - Dearborn	Monthly MIX UP!	WED	7:15-8pm	1x/month	ongoing	call or visit for prices	LAST WED OF MONTH
Tiffany	EOE-2434 S. Telegraph Rd. - Dearborn	Pole Dance Level 1	WED	6pm	STARTS 2/1	1-Feb	\$50/4 weeks	CALL TO RESERVE!
Tiffany	EOE-2434 S. Telegraph Rd. - Dearborn	Pole Dance Level 2	WED	7pm	STARTS 2/1	1-Feb	\$50/4 weeks	CALL TO RESERVE!
EOE	EOE-2434 S. Telegraph Rd. - Dearborn	<b>BOOKING PRIVATE POLE PARTIES-BACHELORETTES, BIRTHDAYS &amp; GIRLS NIGHT OUTS!</b>						CALL TO RESERVE!
Kara	EOE-2434 S. Telegraph Rd. - Dearborn	Total Body	TH	9am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Kettlebell	TH	6pm	ongoing	ongoing	call or visit for prices	
Erica/Elone	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	TH	7pm	ongoing	ongoing	call or visit for prices	
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	R.I.P.P.E.D	FRI	6am	ongoing	ongoing	call or visit for prices	
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba Toning	FRI	9:30am	ongoing	ongoing	call or visit for prices	
Rebecca L./Jen	EOE-2434 S. Telegraph Rd. - Dearborn	Turbo Kick/Jam & Sculpt	FRI	6pm	ongoing	ongoing	call or visit for prices	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	Kettlebell	SAT	8am	ongoing	ongoing	call or visit for prices	
Lourdes	EOE-2434 S. Telegraph Rd. - Dearborn	Zumba	SAT	9am	ongoing	ongoing	call or visit for prices	
Veronica	EOE-2434 S. Telegraph Rd. - Dearborn	EOE CYCLE	SAT	10:15am-11am	STARTS 1/7	ongoing	call or visit for prices	
EOE	EOE-2434 S. Telegraph Rd. - Dearborn	PT & Group PT	OPEN	call today!	ongoing		call or visit for prices	
<b>ALLEN PARK (313) 928-0771 - CALL TO REGISTER</b>								
Raquel	AP Civic Center - 15800 White St.	Buts & Guts	MON	6-7pm	6 wks	16-Jan	\$39	FREE CLASS 1/9
Raquel	AP Civic Center - 15800 White St.	R.I.P.P.E.D	MON	7:10-8pm	6 wks	16-Jan	\$39	FREE CLASS 1/9!
Erica	AP Civic Center - 15800 White St.	Zumba	TU	6-7 pm	6 wks	17-Jan	1 day \$39/ 2 days \$69 Zumba	FREE CLASS 1/10!
Michelle/Veronica	16630 Southfield Road, -Entrance 4	Focus Mitt/Kickbox Bag Combo	TU	7:15-8pm	6 wks	17-Jan	1 day \$39	FREE CLASS 1/10!
Veronica	AP Civic Center - 15800 White St.	Kettlebell Body Blast	WED	7-7:50pm	6 wks	18-Jan	1 day \$39/2 days \$69 KB	FREE CLASS 1/11!
Veronica	AP Civic Center - 15800 White St.	Mat Pilates	WED	6-6:50pm	6 wks	18-Jan	\$39	FREE CLASS 1/11!
Alicia	AP Civic Center - 15800 White St.	Zumba Toning	TH	7-8pm	6 wks	19-Jan	1 day \$39/ 2 days \$69 Zumba	FREE CLASS 1/12!
Alicia	AP Civic Center - 15800 White St.	Flirty Girl-Booty Beat	TH	6-6:50pm	6 wks	19-Jan	\$39	FREE CLASS 1/12!
Michelle	AP Civic Center - 15800 White St.	CORE Strength	SAT	9-10am	6 wks	21-Jan	\$39	FREE CLASS 1/14!
Michelle	AP Civic Center - 15800 White St.	Kettlebell Combos	SAT	10:10-11am	6 wks	21-Jan	1 day \$39/ 2 days \$69	FREE CLASS 1/14!
<b>ANYTIME FITNESS SOUTHGATE 888-363-3635 - WWW.ELEMENTSOFEXERCISE-SHAPE.NET OR CALL TO REGISTER!</b>								
Lourdes	Anytime Fitness Southgate-15345 Dix Toledo Rd,	Zumba	MON	5:30pm	6 wks	16-Jan	See Below	FREE CLASS 1/9
Rebecca L.	Anytime Fitness Southgate-15345 Dix Toledo Rd,	R.I.P.P.E.D	TH	7:10-8pm	6 wks	19-Jan	See Below	FREE CLASS 1/12!
<b>CABRINI PARISH REC ROOM 888-363-3635 -WWW.ELEMENTSOFEXERCISE-SHAPE.NET OR CALL TO REGISTER!</b>								
Jamiele	Cabrini Parish- 9000 Laurence Allen Park	Zumba	TU	6-7pm	8 wks	17-Jan	1 CLASS \$36/2 CLASSES \$60	FREE CLASS 1/10!
Jamiele	Cabrini Parish- 9000 Laurence Allen Park	Total Body	TU	7:10-8pm	8 wks	17-Jan	1 CLASS \$36/2 CLASSES \$60	FREE CLASS 1/10!
<b>DEARBORN (313) 827-1959 - CALL TO REGISTER REG ONLINE @ WWW.DEARBORNCEONLINE.ORG</b>								
Michele S.	Stout School. - 18500 Oakwood Blvd	Fit & Fab FOREVER!	MON	5:30-6:15pm	10 wks	23-Jan	\$60	No class 2/20
Tiffany	Stout School. - 18500 Oakwood Blvd	Cardio Hip Hop	MON	6:30-7:15pm	10 wks	23-Jan	\$60	
Tiffany & Leticia	Snow School & Stout School.	Ballet Core Pilates Fusion	MON & TH	7:20-8:15pm	10 wks	1/19 & 1/23	1 day \$60/2 days \$98	M-Stout, TH-Snow
Kara	Duvall Elem. - 22561 Beech	Zumba	TU	6-7 pm	10 wks	24-Jan	\$62	FREE CLASS 1/17!
Kara	Duvall Elem. - 22561 Beech	Lean & Mean Kettlebell	TU	7:10-8 pm	10 wks	17-Jan	\$60	
Michelle C	Stout School. - 18500 Oakwood Blvd	KNOCKOUT-Focus Mitt Workout	TU	7:10-8pm	10 wks	17-Jan	\$60	No class 2/21

Michelle C/Angie	Stout School. - 18500 Oakwood Blvd	R.I.P.P.E.D	TU/TH	6-7 pm	10 wks	1/17 & 1/19	1 day \$60/2 days \$98	No class 2/21, 2/23/ 3/29
Michele S.	Howard Elem. - 1611 N. York St.	Modern Line Dance	WED	6-7pm	10 wks	18-Jan	\$62	
Jen	Stout School. - 18500 Oakwood Blvd	Turbo Kick/Jam & Sculpt	WED	6-7pm	10 wks	18-Jan	\$62	
Jen	Stout School. - 18500 Oakwood Blvd	Babes w/ Bellz	WED	7:15-8pm	10 wks	18-Jan	\$60	
Leticia	Snow School - 2000 Culver Ave	Flirty Girl-Booty Beat	TH	6-7pm	10 wks	26-Jan	\$62	FREE CLASS 1/19/12!
Veronica	Stout School. - 18500 Oakwood Blvd	Aqua Zumba	TH	7:30-8:15pm	10 wks	19-Jan	\$60	No class 2/21 & 3/29
Angie	Stout School. - 18500 Oakwood Blvd	Buts & Guts	TH	7:10-8pm	10 wks	19-Jan	\$60	No class 2/21 & 3/29
Melissa	Howard Elem. - 1611 N. York St.	Zumba Gold Toning	TH	6-6:50pm	10 wks	19-Jan	\$60	No class 2/21 & 3/29
Melissa	Howard Elem. - 1611 N. York St.	Zumba Toning 2.5	TH	7-8 pm	10 wks	19-Jan	1 day \$60/2 days \$98	No class 2/21 & 3/29
<b>DEARBORN HEIGHTS (313) 791-3600 - WWW.ELEMENTSOFEEXERCISE-SHAPE.NET OR CALL TO REGISTER!</b>								
Lourdes	Berwyn Senior Center	Zumba Gold	TH	9:30-10:15am	6 wks	19-Jan	\$30	
Lourdes	Eton Senior Center-4900 Pardee	Zumba Gold	TH	12:30-1:15pm	6 wks	19-Jan	\$30	
Sonia	Canfield - 1801 N. Beech Daly	Zumba	TU	7:30-8:30pm	8 wks	17-Jan	\$50/\$55 non res/ 2 days \$79	FREE CLASS 1/10!
EOE	Canfield - 1801 N. Beech Daly	Zumba	FRI	6-7pm	8wks	20-Jan	\$50/\$55 non re/ 2 days \$79	FREE CLASS 1/13!
<b>ICE BOX SPORTS CENTER (BROWNSTOWN) (734) 676-5500 - (888) 363-3635 - WWW.ELEMENTSOFEEXERCISE-SHAPE.NET TO REGISTER!</b>								
Lourdes	21902 Telegraph Rd., Brownstown	Zumba Toning	TU	6-7 pm	8 wks	17-Jan	See Below	FREE CLASS 1/10!
Lourdes	21902 Telegraph Rd., Brownstown	Buts & Guts	TU	7:10-8 pm	8 wks	17-Jan	See Below	FREE CLASS 1/10!
<b>1 class/\$48, 2 classes/\$72</b>								
<b>GARDEN CITY COMMUNITY EDUCATION (734) 762-8430 CALL TO REGISTER!</b>								
Melissa C	Cambridge-28901 Cambridge	Zumba	TU	6-7pm	10 wks	10-Jan	\$60	
Melissa	Garden City High School-6500 Middlebelt Rd. Garde	Aqua Zumba	TU	7:15-8pm	10 wks	10-Jan	\$60	
Michelle	Cambridge-28901 Cambridge	R.I.P.P.E.D	TH	6-7pm	10 wks	12-Jan	\$60	
Michelle C	Cambridge-28901 Cambridge	Lean & Mean Kettlebells	TH	7:10-8pm	10 wks	12-Jan	\$60	
<b>GARDEN CITY MAPLEWOOD CENTER 734-793-1850 OR WWW.ELEMENTSOFEEXERCISE-SHAPE.NET TO REGISTER!</b>								
Kara/Melissa	Maplewood-31735 Maplewood	Zumba Gold	MON	9:30-10:15 am	6 wks	16-Jan	\$30	FREE CLASS 1/9
Gloria	Maplewood-31735 Maplewood	Zumba	TU	7:30-8:30pm	6 wks	17-Jan	1 day \$36 / 2 days \$60/ 3 \$80/ 4 \$96	FREE CLASS 1/10!
Gloria	Maplewood-31735 Maplewood	Kettlebell	TU	6:30-7:20pm	6 wks	17-Jan	1 day \$36 / 2 days \$60/ 3 \$80/ 4 \$96	FREE CLASS 1/10!
Gloria	Maplewood-31735 Maplewood	R.I.P.P.E.D	TH	6:30-7:20	6 wks	19-Jan	1 day \$36 / 2 days \$60/ 3 \$80/ 4 \$96	FREE CLASS 1/12!
Gloria	Maplewood-31735 Maplewood	Zumba	TH	7:30-8:30 pm	6 wks	19-Jan	1 day \$36 / 2 days \$60/ 3 \$80/ 4 \$96	FREE CLASS 1/12!
<b>1 class/\$36, 2 classes/\$60, 3 classes/\$80, 4 classes/\$96 Drop-ins for \$10.00</b>								
<b>GIBRALTAR COMMUNITY CENTER (734) 671-1466 - WWW.ELEMENTSOFEEXERCISE-SHAPE.NET TO REGISTER!</b>								
Angie	Gibraltar-29450 Munro Ave - Inside police station	Zumba	WED	6-7pm	10 wks	18-Jan	\$60	FREE CLASS 1/11!
Angie	Gibraltar-29450 Munro Ave - Inside police station	R.I.P.P.E.D	WED	7:10-8pm	10 wks	18-Jan	\$55	FREE CLASS 1/11!
<b>GROSSE ILE (734) 675-2365 CALL TO REGISTER!</b>								
Lourdes	Centennial Farms - 25797 3rd St.	Zumba	TH	6-7pm	10 wks	19-Jan	\$60	FREE CLASS 1/12!
Lourdes	Centennial Farms - 25797 3rd St.	R.I.P.P.E.D	TH	7:10-8pm	10 wks	19-Jan	\$58	FREE CLASS 1/12!
Katt	Meridian-TU/Centennial Farm-TH	Aerobics and Tone	TU & TH	7-8 pm	12 wks	17-Jan	\$80	
<b>HURON TWP. w/YWCA (734) 284-9030 CALL TO REGISTER!</b>								
Lourdes	Miller Elem - 18995 Hannan Road	Kids Dance FIT	WED	5:15-6pm	10 wks	18-Jan	\$50	
Lourdes	Miller Elem - 18995 Hannan Road	Zumba	WED	6-7pm	10 wks	18-Jan	\$62	
Lourdes	Miller Elem -18995 Hannan Road	Ball Blast	WED	7:10-8pm	10 wks	18-Jan	\$58	
Julie	Brown Elem - 25485 Middlebelt Rd.	Lean and Mean Kettlebells	TH	6-7pm	10 wks	19-Jan	\$60	
Julie	Brown Elem - 25485 Middlebelt Rd.	Power Core	TH	7:10-8pm	10 wks	19-Jan	\$58	
<b>LINCOLN PARK REGISTER @ THE BANDSHELL <a href="http://www.lincolnparkrec.com/info/activities/">http://www.lincolnparkrec.com/info/activities/</a></b>								
Veronica	Bandshell - 3240 Ferris	Kettlebell	MON	6:05-6:55pm	6 wks	23-Jan	\$36/ non res \$41	FREE CLASS 1/16!
Veronica	Bandshell - 3240 Ferris	Zumba Toning	MON	7-8pm	6 wks	23-Jan	\$36 1 day/2 day \$60-non res add \$5	FREE CLASS 1/16!
Angie	Bandshell - 3240 Ferris	Zumba	TU	6-7pm	6 wks	24-Jan	\$36 1 day/2 day \$60-non res add \$5	FREE CLASS 1/17!
Angie	Bandshell - 3240 Ferris	R.I.P.P.E.D	TU	7:10-8:10pm	6 wks	24-Jan	\$36/ non res \$41	FREE CLASS 1/17!
<b>MELVINDALE (313) 429-1088 or 429-1089 CALL TO REGISTER!</b>								
Alicia	Civic Arena-4300 S. Dearborn St, Melvindale	Zumba	MON	7-8 pm	6 wks	16-Jan	\$35 or 2 sessions for \$65	FREE CLASS 1/9
<b>NORETTA DUNWORTH-1-888-363-3635</b>								
Kara/Jen	NDSD-3311 S. Telegraph Rd, Dearborn	Mommy and ME	MON	11:15am-12pm	6 wks	16-Jan	\$36	
Rebecca L	NDSD-3311 S. Telegraph Rd, Dearborn	R.I.P.P.E.D	TU	7-8pm	6 wks	17-Jan	\$36	
Kara/Jamiele	NDSD-3311 S. Telegraph Rd, Dearborn	Zumba	WED	7:15-8pm	6 wks	18-Jan	\$36	
Kara/Jen	NDSD-3311 S. Telegraph Rd, Dearborn	Cardio Pilates	TH	7:15-8pm	6 wks	12-Jan	\$36	
Alicia	NDSD-3311 S. Telegraph Rd, Dearborn	Flirty Girl-Booty Beat	SAT	9:40-10:30am	6 wks	14-Jan	\$36	
<b>PLYMOUTH- CANTON COMMUNITY EDUCATION (734) 416-2937 CALL TO REGISTER!</b>								
Michelle C	Isbister Gym- 9300 N. Canton Center Rd.	Kettlebell Kombos	MON	6-7 pm	10 wks	23-Jan	\$81	
Elone	Isbister Gym- 9300 N. Canton Center Rd.	Zumba	MON	8-9pm	10 wks	16-Jan	\$79	
Elone	Isbister Gym- 9300 N. Canton Center Rd.	Zumba Toning	MON	7-7:50pm	10 wks	16-Jan	\$79	
Elone	Tonda Gym- 46501 Warren Road	Zumba	WED	6-7pm	10 wks	25-Jan	\$79	
<b>REDFORD TOWNSHIP (313) 387-2650 CALL TO REGISTER!</b>								

Alicia	Redford Community Ctr-12121 Hemingway	Kids Dance FIT	TU	5:15-6pm	10 wks	31-Jan	\$48	FREE CLASS 1/24
Alicia	Redford Community Ctr-12121 Hemingway	Zumba	TU	6-7pm	10 wks	31-Jan	\$60	FREE CLASS 1/24!
Alicia	Redford Community Ctr-12121 Hemingway	Kettlebell	TU	7:10-8pm	10 wks	31-Jan	<b>\$60/ 2 CLASSES SAVE \$10</b>	FREE CLASS 1/24
Sonia	Redford Community Ctr-12121 Hemingway	Pilates Yoga Fusion	WED	6-7pm	10 wks	1-Feb	\$48	FREE CLASS 1/25
Kara	Redford Community Ctr-12121 Hemingway	Zumba Gold	WED	9:30am	10 wks	1-Feb	\$50	FREE CLASS 1/25
Sonia	Redford Community Ctr-12121 Hemingway	Zumba	TH	6:00-7pm	10 wks	2-Feb	<b>\$60/ 2 CLASSES SAVE \$10</b>	FREE CLASS 1/26!
Sonia	Redford Community Ctr-12121 Hemingway	R.I.P.P.E.D	TH	7:10-8pm	10 wks	2-Feb	\$60	FREE CLASS 1/26!
<b>SALVATION ARMY-DEARBORN HEIGHTS--888-363-3635-www.elementsofexercise.com</b>								
Elone	Salvation Army Gym-West Warren DH	Zumba	TU	7-8pm	8 wks	17-Jan	\$48	FREE CLASS 1/10!
<b>SCHOOLCRAFT COLLEGE LIVONIA</b>								
Elone	Livonia - 18600 Haggerty - Gym A	Hula Hoop Blast	SAT	10:30-11:30 am	12 weeks	14-Jan	\$99/ senior \$54	No class 3/3
<b>SOUTHGATE (734) 246-4633 CALL TO REGISTER!</b>								
Heather	North Point Elem-18635 Bowie St	Kettlebell	MON	6-7pm	10 wks	6-Feb	\$60	No class 2/20
Heather	North Point Elem-18635 Bowie St	Babes w/ Bands	MON	7:10-8pm	10 wks	6-Feb	\$58	No class 2/20
Julie	Allen Elem-16500 McCann St	Zumba Toning	MON	6:30-7:30pm	10 wks	13-Feb	\$60	No class 2/20
Julie	Allen Elem-16500 McCann St	R.I.P.P.E.D	MON	5:30-6:20pm	10 wks	13-Feb	\$60	No class 2/20
Kara	Shelters Elem - 12600 Fordline	Zumba GOLD	WED	6:20-7:05 pm	10 wks	8-Feb	\$50	FREE CLASS 2/1!
Kara	Shelters Elem - 12600 Fordline	Zumba	WED	7:10-8:10 pm	10 wks	8-Feb	\$60	FREE CLASS 2/1!
<b>TRENTON (734) 675-7300 CALL TO REGISTER!</b>								
Lourdes	Anderson School - 2600 Harrison Ave.	Zumba	MON	7-8pm	6 wks	16-Jan	1-day \$36/2-days \$60	FREE CLASS 1/9
Lourdes	Kennedy Recreation Center	Zumba	WED	9:30am	6 wks	18-Jan	1-day \$36/2-days \$60	FREE CLASS 1/11
<b>WOODHAVEN RECREATION CENTER-CALL 734-675-4926 TO REGISTER</b>								
Kara/Melissa	Woodhaven Rec-23101 Hall Road	Zumba Gold	MON	9:30-10:15am	6 wks	16-Jan	\$30	FREE CLASS 1/9!
Melissa	Woodhaven High School	Aqua Zumba	MON	6:30-7:15pm	6 wks	16-Jan	\$36	FREE CLASS 1/9!
Julie	Woodhaven Rec-23101 Hall Road	R.I.P.P.E.D	TU	6-7pm	6 wks	17-Jan	\$36	FREE CLASS 1/10!
Julie	Woodhaven Rec-23101 Hall Road	Kettlebell	TU	7:10-8pm	6 wks	17-Jan	\$36	FREE CLASS 1/10!
Heather	Woodhaven Rec-23101 Hall Road	Turbo Kick	TH	6-7pm	6 wks	19-Jan	\$36	FREE CLASS 1/5!
Julie	Woodhaven Rec-23101 Hall Road	Buts & Guts	SAT	9:30-10:15am	6 wks	14-Jan	\$36	FREE CLASS 1/7!
<b>WESTLAND BAILEY RECREATION CENTER (734) 722-7620 CALL TO REGISTER!</b>								
Mira	Bailey Center - 36551 Ford Rd	Zumba	WED	7-8 pm	8 wks	18-Jan	\$48/non res \$53	FREE CLASS 1/11
<b>WESTLAND LEISURE PROGRAMS (734) 419-2427 CALL TO REGISTER!</b>								
Jamelie	HICKS ELEM-100 Helen St. Inkster	Zumba	MON	6:30-7:30pm	8 wks	23-Jan	\$48	FREE CLASS 1/9! NO CLASS 1/16!
Melissa	Hamilton Elem.-1031 Schuman Westland	Zumba Gold	WED	6:10-6:55pm	8 wks	25-Jan	\$40	FREE CLASS 1/18!
Melissa	Hamilton Elem.-1031 Schuman Westland	Kettlebell	WED	7:05-7:50pm	8 wks	25-Jan	\$48	FREE CLASS 1/18!
Tiffany	HICKS ELEM-100 Helen St. Inkster	Cardio Hip Hop	TH	6-7pm	8 wks	26-Jan	\$48	FREE CLSS 1/19
Tiffany	HICKS ELEM-100 Helen St. Inkster	Buts & Guts	TH	7:10-8pm	8 wks	26-Jan	\$48	FREE CLASS 1/19
<b>WAYNE COUNTY COMMUNITY COLLEGE-313.496.2600 • www.wcccd.edu</b>								
Lourdes	Downriver Campus-Northline	Zumba Gold	TU	10am	10 wks	21-Feb	\$40	FREE FOR SENIORS
Lourdes	Downriver Campus-Northline	Zumba	TU	4:30pm	10 wks	21-Feb	\$40	
<b>YPSILANTI TWP - (734) 544-3800 CALL TO REGISTER!</b>								
Rebecca Q.	Ypsilanti Recreation- 2025 Clark Rd.	Body Blast Boot Camp	TU/TH	7:05-8:05 pm	12 wks	TBD	NR=\$82, YTR=\$72, 50+MBR=\$67	
Rebecca Q.	Ypsilanti Recreation- 2025 Clark Rd.	Zumba	WED	7:35-8:35 pm	12 wks	TBD	NR=\$82, YTR=\$72, 50+MBR=\$67	
<b>ZODIAC CLUB-1-888-363-3636 -WWW.ELEMENTSOFEXERCISE.COM</b>								
Alicia	ZODIAC-14975 Dix/Toledo - Southgate	Zumba	WED	6-7pm	6 wks	18-Jan	\$36	FREE CLASS 1/11!
<b>CORPORATE CLASSES-</b>								
Melissa	Alen Park Montessori	Zumba	WED	6:15-7:15pm	6 wks	19-Oct	\$36	
Angela	Joy Prepatory	Zumba	TUE	5-6pm	6 wks	8-Nov	\$36	
Jamelie	Oakwood Early Childhood Education Center	Zumba	MON	5:15-6:15pm	8 wks	21-Nov	\$48	No class 12-19 & 1-2-12
Jamelie	Jefferson Elementary	Zumba	WED	4:15pm	8 wks	30-Nov	\$48	No class 12-28 & 1-4-12
Melissa	Divine Child	Zumba	TH	3:45-4:45pm	8 wks	1-Dec	\$48	No class 12-22 & 12-29
Michelle/Leticia	Kerr Corporation	PIYO(Pilates&Yoga)	TU & TH	12-1 pm	6 wks	8-Dec	1 day \$36/2 days \$60	No class 12-27 & 12-29
Lourdes	Kerr Corporation	Zumba	TU & TH	3:15-4:45pm	6 wks	6-Dec	1 day \$36/2 days \$60	No class 12-27 & 12-29
Jen	ZF	RIPPED	MON	4:30-5:30pm	6 wks	9-Jan	1 day \$36/2 days \$60	
Jen	ZF	Turbo Kick	WED	4:30-5:30pm	6 wks	11-Jan	1 day \$36/2 days \$60	
Rebecca Q.	Brownstown Middle School	Turbo Kick	WED	3:20-4:20pm	6 wks	11-Jan	\$36	
TBD	Jefferson Elementary	Zumbatomic or Kids Dance Fit	MON	3:45-4:30	6 wks	Jan		No class 1-16
Pam	Jefferson Elementary	KID FIT	TU	3:45-4:30	6 wks	Jan		
Gloria	Wayne Metro - Taylor	Zumba		5-6pm	1 class	25-Jan		Free demo
Jen	Wayne Metro - Hamtramck	Cardio Kickboxing/pilates		5-6pm	1 class	26-Jan		Free demo