

FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00am Ult Circuit/Bootcamp 9:30am Zumba 6:00pm Booty Beat 6:00pm Pole L1 *7:15 pm EOE Cycle 8:00 pm Pole L2	2 Groundhog Day 9:00am Total Body & Ab Bonus 1.5 hour class 6:00pm Kettlebell 7:00pm Zumba	3 6:00am R.I.P.P.E.D. 9:30am Zumba Toning 6:00pm Turbo Kick	4 8:00am Kettlebell 9:00am Zumba *10:15am EOE Cycle
5	6 6:00am Ult Circuit/Bootcamp 9:00am PIYO (Pilates) SA *5:15pm TRX Combo 6:00pm Zumba 7:15pm Cardio Sculpt (SA) *7:15pm EOE Cycle	7 *6:00am EOE Cycle 9:00am Body Sculpt 6:00pm Turbo Kick 7:15pm Cardio Pilates	8 6:00am Ult Circuit/Bootcamp 9:30am Zumba 6:00pm Booty Beat 6:00pm Pole L1 *7:15 pm EOE Cycle 8:00 pm Pole L2	9 9:00am Total Body 6:00pm Kettlebell 7:00pm Zumba	10 6:00am R.I.P.P.E.D. 9:30am Zumba Toning 6:00pm Turbo Kick	11 8:00am Kettlebell 9:00am Zumba *10:15am EOE Cycle
12 Don't forget this Tuesday is Valentines Day! Be sure to take advantage Of our Specials!!	13 6:00am Ult Circuit/Bootcamp 9:00am PIYO (Pilates) SA *5:15pm TRX Combo 6:00pm Zumba 7:15pm Cardio Sculpt (SA) *7:15pm EOE Cycle	14 Valentines Day *6:00am EOE Cycle 9:00am Body Sculpt 6:00pm Turbo Kick 7:15pm Cardio Pilates	15 6:00am Ult Circuit/Bootcamp 9:30am Zumba 6:00pm Booty Beat 6:00pm Pole L1 *7:15 pm EOE Cycle 8:00 pm Pole L2	16 9:00am Total Body 6:00pm Kettlebell 7:00pm Zumba	17 6:00am R.I.P.P.E.D. 9:30am Zumba Toning 6:00pm Turbo Kick	18 8:00am Kettlebell 9:00am Zumba *10:15am EOE Cycle
19	20 President's Day 6:00am Ult Circuit/Bootcamp 9:00am PIYO (Pilates) SA *5:15pm TRX Combo 6:00pm Zumba 7:15pm Cardio Sculpt (SA) *7:15pm EOE Cycle	21 *6:00am EOE Cycle 9:00am Body Sculpt 6:00pm Turbo Kick 7:15pm Cardio Pilates	22 6:00am Ult Circuit/Bootcamp 9:30am Zumba 6:00pm Booty Beat 6:00pm Pole L1 *7:15 pm EOE Cycle 8:00 pm Pole L2	23 9:00am Total Body 6:00pm Kettlebell 7:00pm Zumba	24 6:00am R.I.P.P.E.D. 9:30am Zumba Toning 6:00pm Turbo Kick	25 8:00am Kettlebell 9:00am Zumba *10:15am EOE Cycle
26	27 6:00am Ult Circuit/Bootcamp 9:00am PIYO (Pilates) SA *5:15pm TRX Combo 6:00pm Zumba 7:15pm Cardio Sculpt (SA) *7:15pm EOE Cycle	28 *6:00am EOE Cycle 9:00am Body Sculpt 6:00pm Turbo Kick 7:15pm Cardio Pilates	29 6:00am Ult Circuit/Bootcamp 9:30am Zumba 6:00pm Booty Beat *6:00 pm Pole Fit & Tricks* *8:00 pm Pole Fit & Tricks*			
	*Pole Fit & Tricks Class * Guest Instructor Salsa Ray	ELEMENTS OF EXERCISE 2434 S. TELEGRAPH DEARBORN, MI 1-888-363-3635			Notes: New 4 week Pole L1 & L2 starts 2/1 4 WEEKS/\$50-MUST PRE-REGISTER * SPECIALITY CLASSES-TRX (24 spots), EOE CYCLING - Must sign up prior to class \$5 DROP IN/MEMBERS-\$10/NON-MEMBERS- See front desk for details on passes and sign up!	
www.elementsofexercise.com						