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ELEMENTS OF EXERCISE

www.elementsofexercise.com / 888-363-3635

Summer 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/Lourdes	EOE-23910 Carlisle-Dearborn	Bootcamp	M & W	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	Hip Hop Hustle	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 Boot Camp	TU	7:15-8pm	ongoing	ongoing	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	Zumba	WED	9:30am	ongoing	ongoing	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	Zumba Gold	WED	5:15pm	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	
Kara	EOE-23910 Carlisle-Dearborn	ZUMBA GOLD	WED	5:15PM	ongoing	ongoing	call or visit for prices	
Leticia	EOE-23910 Carlisle-Dearborn	*Pole Dance 101	WED	7pm	4 weeks	4-Aug	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	Total Body Conditioning	TH	9am	ongoing	ongoing	call or visit for prices	
Kara	EOE-23910 Carlisle-Dearborn	Prenatal Yoga	TH	5:15pm	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/Angela	EOE-23910 Carlisle-Dearborn	Zumba	TH	7pm	ongoing	ongoing	call or visit for prices	
Lourdes	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	
Veronica	EOE-23910 Carlisle-Dearborn	Lean & Mean Kettle Bell	SAT	8am	ongoing	ongoing	call or visit for prices	
Lourdes	EOE-23910 Carlisle-Dearborn	Zumba	SAT	9am	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	1-Jun	\$42	*No class 7/6
Michelle C.	AP Civic Center - 15800 White St.	Mat Pilates	TH	6-7pm	6 wks	10-Jun	1 day \$39/ 2 days \$69	
Michelle C.	AP Civic Center - 15800 White St.	Mat Pilates	SAT	9-10am	6 wks	19-Jun	1 day \$39/ 2 days \$69	
Veronica	AP Civic Center - 15800 White St.	Bikini Boot Camp	WED	6-7pm	6 wks	9-Jun	1 day \$39/ 2 days \$69	
Veronica	AP Civic Center - 15800 White St.	Lean and Mean Kettlebells	WED	7:15-8:05pm	6 wks	9-Jun	\$39	
Dionne	AP Civic Center - 15800 White St.	Butts & Gutts	MON	6-7pm	6 wks	7-Jun	\$39	*No class 7/5
DEARBORN HEIGHTS (313) 791-3600 - WWW.MYCLASSPRO.COM/ELEMENTSOFEXERCISE OR CALL TO REGISTER!								
Erica	Berwyn Senior Center-26155 Richardson	Zumba Gold	TH	9:30am	6 wks	22-Jul	\$40	
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	29-Jun	\$48/2 classes \$78	
CFHS-Prices: 1 day= \$48, 2 days=\$78								
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	10-Jun	\$48/Mix & Match Below	
Lourdes	21902 Telegraph Rd., Brownstown	Balance Ball Booty Ab blast	MON	7:10-8pm	8 wks	10-Jun	\$48/Mix & Match Below	
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	TH	7:30-8:30pm	6 wks	8-Jul	\$36	*No class 6/10
Kara	Maplewood-31735 Maplewood	Zumba Gold	MON	9:30-10:15am	6 wks	22-Jul	\$30	
GROSSE ILE (734) 675-2364 CALL TO REGISTER								
Lourdes	Centennial Farms - 25797 3rd St.	Zumba	TH	6-7pm	10 wks	10-Jun	\$60	
Lourdes	Centennial Farms - 25797 3rd St.	Zumbatomic (Kids)	TH	5:15pm-6:00pm	6 wks	24-Jun	\$30	
Veronica /Kara	Waters Edge Pool	Aqua Zumba	Th	9:15am	6 wks	24-Jun	\$36	*No class 7/15, drop in for \$10

HURON TWP. w/YWCA (734) 284-9030 CALL TO REGISTER								
Lourdes	Sunnyside Kindegarten Center	Zumba	WED	6-7pm	8 wks	23-Jun	\$50	
Lourdes	Sunnyside Kindegarten Center	Ball Blast	WED	7:10-8pm	8 wks	23-Jun	\$50	
LINCOLN PARK REGISTER @ THE BANDSHELL or Online www.lincolnparkrec.com								
Veronica	Bandshell - 3240 Ferris	Zumbatomic (Kids)	MON	5:15pm-6:00pm	6 wks	19-Jul	\$30/non res \$35	
Veronica	Bandshell - 3240 Ferris	Zumba	MON	7-8pm	6 wks	19-Jul	\$36/ non res \$41	
Kelly	Bandshell - 3240 Ferris	Hard-CORE Abs	TU	6-6:50pm	8 wks	13-Jul	\$46/ non res \$51	
Kelly	Bandshell - 3240 Ferris	Body Blast Boot Camp	TU	7-8pm	8 wks	13-Jul	\$48/ non res \$53	
MELVINDALE (313) 429-1088 or 429-1089								
Mellissa	Civic Arena-4300 S. Dearborn St, Melvindale	Zumba	TH	7-8 pm	6 wks	29-Jul	\$35	
PLYMOUTH- CANTON COMMUNITY EDUCATION (734) 416-2937								
Heather	Husling School-8055 Fleet Street, Canton-Outdoors	Hula Hoop Blast	THUR	6-6:50pm	6 wks	24-Jun	\$39	
Veronica	Central Middle School-650 Church Street, Plymouth	Aqua Zumba	WED	8:00am-8:55am	3 wks	23-Jun	\$20	
SOKOL CULTURAL CENTER- REGISTER ONLINE @ WWW.MYCLASSPRO.COM-1888-363-3635								
Gloria	23600 W Warren-Dearborn Heights	Zumba	WED	6:30pm-7:30pm	6 wks	21-Jul	\$36	
WESTLAND LEISURE PROGRAMS (734) 419-2427 CALL TO REGISTER!								
Mira	John Glenn High School	Zumba	MON	7-8pm	8 wks	21-Jun	\$48	FREE CLASS 7/14
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	6-Jul	NR=\$58, YTR=\$48, 50+MBR=\$43	
Angela	Ypsilanti Recreation- 2025 Clark Rd.	Zumba	WED	7:30-8:30 pm	8 wks	30-Jun	NR=\$58, YTR=\$48, 50+MBR=\$43	
CORPORATE CLASSES								
Mellissa	BCBS Metro	Zumba	TU & THU	4:30pm	6 wks	17-Aug	1 Days \$36/ 2 days \$60	
Kara	BCBS Downtown	Zumba	TH	4:30pm	6 wks	TBD	1 day/ \$36	
Holly	Aisin	Zumba	TH	12pm	6 wks	22-Jul	Employees	
Suzanne	Aisin	20/20/20	TU	12pm	6 wks	20-Jul		