



# MARCH 2019 GROUP FITNESS CLASSES

51204 Danview Technology Court  
 Shelby Township, MI 48315  
 586-726-8900

WWW.BODYIMAGESFITNESSCENTER.COM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00am-10:00am Scott</p>		<p>9:00am-10:00am Scott</p>		<p>9:00am-10:00am Scott</p>	<p><b>NEW TIME!</b> 9:30am-10:15am Kevin</p>
<p>4:45pm-5:45pm Rachelle</p>		<p>4:45pm-5:45pm Rachelle</p>		<p><b>NEW!</b> Authentic Hatha Yoga 10:15am-11:00am Shankari (Sabina)</p>	<p><b>NEW TIME!</b> 10:20am-11:20am Staff</p>
<p><b>NEW!</b> CARDIO STEP&amp;SCULPT 6:00pm-6:45pm Pam</p>	<p>6:10pm-7:10pm Pam</p>	<p><b>NEW!</b> H.I.I.T. TOTAL BURN! 6:00pm-6:45pm John</p>	<p>6:10pm-7:10pm Pam</p>		<p><b>NEW!</b> Authentic Hatha Yoga 11:30- 12:15 Shankari (Sabina)</p>
<p>7:00pm-8:00pm John</p>	<p><b>NEW!</b> POUNCE ROCKOUT. WORKOUT. 7:20pm – 8:20pm Andrea</p>	<p>7:00pm-8:00pm John</p>	<p><b>NEW!</b> 7:20pm-8:20pm Kathleen</p>		<p>Classes less than 4 people subject to cancellation  <b>EFFECTIVE 3/1/2019</b></p>



## Group Fitness Class Descriptions

### BODYPUMP

BODYPUMP is a weights class for absolutely everyone! This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition, it will give you a TOTAL body workout that burns lots of calories. The encouragement, motivation and great music you get in a BODYPUMP class will help you achieve much more than you would on your own. For all levels of fitness! Modifications are shown to all exercisers by our amazing Certified BODYPUMP Instructors. **Only at Body Images!**

### H.I.I.T TOTAL BURN

High Intensity Interval training is a 45 minute CARDIO interval training based workout, designed to make you BURN FAT CALORIES and improve upper and lower body STRENGTH! For all levels of fitness. Modifications of all exercises are shown. You can do this!

### BOOTCAMP- TOTAL BODY WORKOUT

A 45 MINUTE workout that focuses on lower body, upper body, and core providing both cardio and strength in a circuit style class using a variety of fitness equipment. Boxing moves, partner drills and much more! ) TOTALLY FUN! Work at your own pace! This class is for all fitness levels!

### (NEW!) POUND

A full-body cardio jam session, combining light resistance w/ constant simulated drumming. The workout fuses cardio, Pilates, strength movements, plyometrics, & isometric poses. Through continual upper body motion using our lightly weighted exercise drumsticks, you'll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by!

### (NEW!) AUTHENTIC HATHA YOGA

This class is appropriate for yoga practitioners of all levels - including beginners. This authentic and spiritually- oriented Hatha yoga class presents a mental and physical challenge, while being both fun and inclusive. Everyone is welcome! Please wear comfortable clothing and bring a yoga mat!

### ZUMBA

An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

### (NEW!) CARDIO STEP & SCULPT

This cardio workout is for all levels of fitness. This class uses easy, basic, stepping movements to motivating music to give you an cardio FUN workout. Segments of toing with dumbbells and tubing to tone and shape your upper and lower body and finishing with core and a cool down stretch.

#### **"UNLIMITED" GROUP FITNESS PACKAGES**

TAKE ANY CLASS-ANY DAY-ANY TIME  
EFFECTIVE 1/2019\*

**UNLIMITED THREE MONTHS...**\$195.00-Only \$8.12 per class

**\*UNLIMITED SIX MONTHS...**\$359.00-Only \$7.47 per class

#### **\*\*BEST VALUE\*\***

**\*\*ONE YEAR UNLIMITED\*\*...**\$589.00-Only \$5.16 per class

(Price breakdown based on attendance of 2 classes per week)

**\*MIX AND MATCH PACKAGE-12 CLASSES - \$118.00**  
(EXPIRES THREE MONTHS AFTER PURCHASE)

**DROP-IN FEE \$12.00 PER CLASS**