

# BODY IMAGES FITNESS CENTER

Classes Start 9/11/17

## FALL 2017 GROUP FITNESS CLASSES

### \*H.I.I.T. BURN

(Separate MONTHLY Package)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Classes less than 4 people subject to cancellation</i>					
<i>www.bodyimagesfitnesscenter.com</i>		<i>DROP-INS \$12.00</i>		<i>Gift Cards Available</i>	
<p><b>*H.I.I.T. BURN</b> 8:00am -8:45am Kevin</p> <p> 9:00am - 10:00am Scott</p> <p> 4:45pm – 5:45pm Rachelle</p> <p> 6:00pm – 6:45pm Pam</p> <p> 7:00pm – 8:00pm John</p> <p></p>	<p> 6:00am-6:45am Michelle</p> <p> 9:30am – 10:00am Natasha</p> <p> <b>ATHLETIC</b> 10:10am -10:55am Natasha</p> <p><b>"BURN AND TONE"</b> <i>Low Impact</i> 5:15pm – 6:00pm Scott</p> <p> 6:10pm – 7:10pm Pam</p> <p> Sunset YOGA 7:15pm – 8:15pm Debi</p>	<p><b>*H.I.I.T. BURN</b> 8:00am – 8:45am Kevin</p> <p> 9:00am – 10:00am Scott</p> <p> 4:45pm – 5:45pm Rachelle</p> <p> 6:00pm – 6:45pm Pam</p> <p> 7:00pm – 8:00pm John</p> <p></p>	<p> 6:00am – 6:45am Michelle</p> <p><b>"BURN AND TONE"</b> <i>Low Impact</i> 5:15pm – 6:00pm Scott</p> <p> 6:10pm – 7:10pm Pam</p> <p> 7:15pm – 8:00pm Natasha</p> <p></p> <p></p>	<p><b>*H.I.I.T. BURN</b> 8:00am – 8:45am Kevin</p> <p> 9:00am – 9:30am Scott</p> <p> 9:35am – 10:20am Natasha</p> <p><b>ADVOCARE</b> <b>NUTRITIONAL</b> <b>PRODUCTS</b> <b>AVAILABLE</b></p> <p></p>	<p> Sunrise YOGA 7:30am – 8:15am Debi</p> <p> 8:30am – 9:00am Natasha</p> <p> Outdoor Boot Camp 9:00am -9:45am Kevin</p> <p> 9:10am – 9:55am Natasha</p> <p> 10:00am-10:30am Michelle</p> <p><b>"COMBAT"</b> 10:30am –11:00am Michelle</p>