



WINTER 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>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 9:00am-10:00am Scott</p>	<p>NEW! Authentic Hatha Yoga 9:00am- 9:45 am Shankari (Sabina)</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 9:00am-10:00am Scott</p>		<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 9:00am-10:00am Scott</p>	<p>BOOTCAMP <small>faster. stronger. better.</small> NEW TIME! 9:30am-10:15am Kevin</p>
<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 4:45pm-5:45pm Rachele</p>		<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 4:45pm-5:45pm Rachele</p>		<p>NEW! Authentic Hatha Yoga 10:15am-11:00am Shankari (Sabina)</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> NEW TIME! 10:20am-11:20am Staff</p>
<p>NEW! CARDIO STEP&SCULPT 6:00pm-6:45pm Pam</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 6:10pm-7:10pm Pam</p>	<p>NEW! H.I.I.T. TOTAL BURN! 6:00pm-6:45pm John</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 6:10pm-7:10pm Pam</p>		<p>NEW! Authentic Hatha Yoga 11:30- 12:15 Shankari (Sabina)</p>
<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John</p>	<p>NEW! POUND <small>ROCKOUT. WORKOUT.</small> 7:20pm – 8:20pm Andrea</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John</p>	<p>NEW! 7:20pm-8:20pm Kathleen</p>	<p>Classes less than 4 people subject to cancelation EFFECTIVE 1/7/2019</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 burnings 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 - FULL BODY WORKOUT

This 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

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!

POUND (NEW!)

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!

YOGA (NEW!)

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.

CARDIO STEP & SCULPT

This cardio workout is for all levels of fitness. Using basic, fun basic stepping to motivating music will give you an amazing workout. Segments of toning with dumbbells and tubing will tone and shape your upper and lower body.

"UNLIMITED" GROUP FITNESS PACKAGES

TAKE ANY CLASS-ANY DAY-ANY TIME
EFFECTIVE 2018/2019

***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

***MIX AND MATCH PACKAGE**

12 CLASSES - \$118.00

(EXPIRES THREE MONTHS AFTER PURCHASE)

DROP-IN FREE: \$12.00 PER CLASS

(Prices per class based on attendance of 2 classes
per week!)