



Winter Fitness Festival

Saturday, January 5th

9:30am-12:00pm

Public Welcome!
Preview New Classes!

Launch of Winter Session includes a SNEAK PREVIEW
of the NEW YEAR classes listed below!
(See full Winter calendar on back of flyer)

NEW Bootcamp

At 9:45 am

NEW CARDIO STEP AND SCULPT

At 10:10 am

NEW BODYPUMP 108 LAUNCH

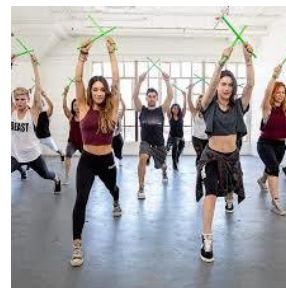
At 10:35 am

NEW Zumba

At 11:05 am

NEW Pound

At 11:30 am

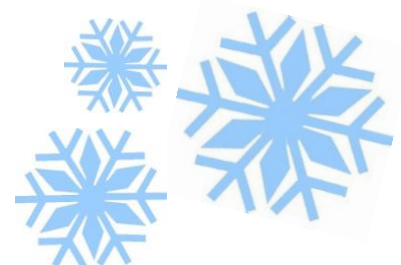


Body Images Fitness Center

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Shelby Township, MI 48315

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586-726-8900





Effective 1/7/2019

“Unlimited” Group Fitness Packages
Take any class – any day – any time

- UNLIMITED THREE MONTHS - \$195
Only \$8.12 per class*
- UNLIMITED SIX MONTHS - \$359
Only \$7.47 per class*
- ONE YEAR UNLIMITED - \$589
Only \$5.16 per class*
- MIX AND MATCH PACKAGE
(12 classes for \$118)
*Expires three months after purchase
- DROP-IN FEE - \$12 per class

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



IT'S A NEW YEAR!

TRY SOMETHING NEW

Winter 2019 Group Fitness Classes

Monday

BODYPUMP
9:00am-10:00am
Scott

BODYPUMP
4:45pm-5:45pm
Rachelle

CARDIO Step & Sculpt
6:00pm-6:45pm
Pam

BODYPUMP
7:00pm-8:00pm
John

Tuesday

Hatha Yoga
9:00am-9:45am
Sabina

BODYPUMP
6:10pm-7:10pm
Pam

Pound
7:20pm-8:20pm
Andrea

Wednesday

BODYPUMP
9:00am-10:00am
Scott

BODYPUMP
4:45pm-5:45pm
Rachelle

H.I.I.T. Total Burn
6:00pm-6:45pm
John

BODYPUMP
7:00pm-8:00pm
John

Thursday

BODYPUMP
6:10pm-7:10pm
Pam

Zumba
7:20pm-8:20pm
Kathleen

Friday

BODYPUMP
9:00am-10:00am
Scott

Hatha Yoga
10:15am-11:00pm
Sabina

Saturday

Bootcamp
9:30am-10:15am
Kevin

BODYPUMP
10:20am-11:20am
Staff

Hatha Yoga
11:30am-12:15pm
Sabina