



















SUMMER 2019 GROUP FITNESS CLASSES

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

WWW.BODYIMAGESFITNESSCENTER.COM



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00am-10:00am Scott		 9:00am-10:00am Scott		 9:00am-10:00am Scott	 9:30am-10:15am Kevin
 4:45pm-5:45pm Rachelle		 4:45pm-5:45pm Rachelle			 10:20am-11:20am Staff
NEW! CARDIO STEP&SCULPT 6:00pm-6:45pm Pam	 6:00pm-7:00pm Pam	H.I.I.T. TOTAL BURN! 6:00pm-6:45pm John	 6:00pm-7:00pm Pam		
 7:00pm-8:00pm John	POUND ROCKOUT. WORKOUT. 7:15pm – 8:15pm Melissa	 7:00pm-8:00pm John	NEW! POUND ROCKOUT. WORKOUT. 7:15pm-8:00pm Melissa	Classes less than 4 people subject to cancelation EFFECTIVE 7/10/2019	



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!) 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 toning 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