



# 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>9:00am-10:00am Scott</p>		<p>9:00am-10:00am Scott</p>		<p>9:00am-10:00am Scott</p>	<p><b>WEEKEND WARRIOR</b></p> <p>9:30am-10:15am Kevin</p>
<p>4:45pm-5:45pm Rachelle</p>	<p><b>Yoga for Balance and Strength</b></p> <p>5:00pm- 5:45pm Sabina</p>	<p>4:45pm-5:45pm Rachelle</p>		<p><b>Yoga for Balance and Strength</b></p> <p>10:10am- 10:55am Sabina</p>	<p>10:20am-11:20am Staff</p>
<p><b>STEP&amp;SCULPT</b></p> <p>6:00pm-6:45pm Pam</p>	<p>6:00pm-7:00pm Pam</p>	<p><b>TOTAL BODY H.I.I.T.</b></p> <p>6:00pm-6:45pm John</p>	<p>6:00pm-7:00pm Pam</p>		
<p>7:00pm-8:00pm John</p>	<p><b>POUND</b></p> <p>ROCKOUT. WORKOUT.</p> <p>7:15pm – 8:00pm Melissa</p>	<p>7:00pm-8:00pm John</p>	<p><b>POUND</b></p> <p>ROCKOUT. WORKOUT.</p> <p>7:15pm – 8:00pm Melissa</p>		<p>Classes less than 4 people subject to cancellation  <b>EFFECTIVE 11/4/2019</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!**

### **TOTAL BODY HIIT**

This is a 45-minute interval workout with short-bursts of fat burning exercises, focusing on upper and lower body, toning and strengthening legs and gluts. This cardio/strength workout is difference every class. ALL fitness levels welcome. Modifications of ALL exercises are shown.

### **WEEKEND WARRIORS' BOOTCAMP! This is NOT your normal BOOTCAMP CLASS!**

A 45 MINUTE workout that focuses on improving your cardio, toning arms, legs and butt, core conditioning in a circuit style class using a large variety of FUN fitness equipment. Boxing, partner drills, medicine balls, TRX, BOSU and much more. Work at your own pace ALL fitness levels welcome.

### **(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!

### **YOGA FOR BALANCE AND STRENGTH**

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!

### **(NEW!) STEP & SCULPT**

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 9/2019\*

**UNLIMITED THREE MONTHS...\$198.00-Only \$8.25 per class**

**\*UNLIMITED SIX MONTHS...\$369.00-Only \$7.68 per class**

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

**\*\*ONE YEAR UNLIMITED\*\*...\$599.00-Only \$6.23 per class**

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

**\*MIX AND MATCH PACKAGE-12 CLASSES - \$125.00**

(EXPIRES THREE MONTHS AFTER PURCHASE)

**DROP-IN FEE \$15.00 PER CLASS**