



WINTER SESSION 2021 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>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 9:00am-10:00am Scott</p>	<p>LOW IMPACT 4:45pm-5:30pm Dawn</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 9:00am-10:00am Scott</p>	<p>BARRE 8:00am-8:45am Melissa</p>
<p>LOW IMPACT 4:45pm-5:30pm Dawn</p>		<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 4:45pm-5:30pm Rachelle</p>			<p>BOOTCAMP <small>faster, stronger, better.</small> NEW TIME! 9:00am-9:45am Kevin</p>
<p>NEW! CARDIO FUSION! 6:00pm-6:45pm Melissa</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 6:00pm-6:45pm Pam</p>	<p>H.I.I.T. TOTAL BURN! <small>LES MILLS BODY TRAINING SYSTEMS</small> 6:00pm-6:45pm John</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 6:00pm-6:45pm Pam</p>		
<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John</p>	<p>POUND <small>ROCKOUT. WORKOUT.</small> 7:00pm – 7:45pm Melissa</p>	<p>BODYPUMP <small>LES MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John</p>		<p>Pre-Registration is required. Book your classes on the MINDBODY APP or on Body Images website-Studio Schedule Page. Class size limited to 14 people for six feet social distancing. Classes subject to cancellation if less than 5 people.</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 WORK OUT

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!

CARDIO-FUSION! (NEW) – This class will combine at least two different workouts, i.e., BARRE and CARDIO, HIIT and strength training, to give you a few examples. These fresh mix-ups not only challenge your muscles in new ways, ramping up your cardio burn, but also keep you motivated by spicing up been-there-done-that workouts. You will have fun and see results fast!

BODYPUMP CHALLENGE - This is a one hour workout of 8 tracks of BODYPUMP and five 1:30 seconds of cardio intervals. These 60 minutes of strength and cardio will give you everything you need for a total body workout.

LOW IMPACT AEROBICS! – Low Impact aerobics is for everyone who loves to move to music. Simple patterns to motivating tunes will help to improve your cardio conditioning and burn fat calories. FOR EVERYONE!

BARRE - Barre fitness is a hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training. For all fitness levels.

“UNLIMITED” GROUP FITNESS PACKAGES
TAKE ANY CLASS-ANY DAY

***UNLIMITED THREE MONTHS...\$249.00**

***UNLIMITED SIX MONTHS \$475.00**

***MIX AND MATCH PACKAGE**

10 CLASSES - \$139.00

(EXPIRES THREE MONTHS AFTER PURCHASE)

DROP-IN FREE: \$20.00 PER CLASS

Gift Cards Available!