



# WINTER 2022 GROUP FITNESS CLASSES

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 Shelby Township, MI 48315  
 586-726-8900



WWW.BODYIMAGESFITNESSCENTER.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            9:00am-10:00am            Scott</p>	<p><b>Move It, Shake It,            Tone it!</b>            4:45pm-5:30pm            Dawn</p>	<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            9:00am-10:00am            Scott</p>	<p><b>Move It, Shake It,            Tone it!</b>            4:45pm-5:30pm            Dawn</p>	<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            9:00am-10:00am            Scott</p>	<p><b>BARRE!</b>            8:00am-8:45am            Melissa</p>
		<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            4:45pm-5:45pm            Dawn</p>			<p><b>BOOTCAMP</b>  <small>faster. stronger. better.</small>  <b>FIT BOOTCAMP!</b>            9:00am-10:00am            Kevin</p>
<p><b>NEW!</b>  <b>CARDIO CORE            CHISEL</b>            6:00pm-6:45pm            Melissa</p>	<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            6:00pm-7:00pm            Pam</p>	<p><b>NEW!</b>  <b>CARDIO CORE            CHISEL</b>            6:00pm-6:45pm            John</p>	<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            6:00pm-7:00pm            Pam</p>		
<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            7:00pm-8:00pm            John</p>	<p><b>POUND</b>  <small>ROCKOUT. WORKOUT.</small>            7:05pm – 7:50pm            Melissa</p>	<p><b>BODYPUMP</b>  <small>LES MILLS BODY TRAINING SYSTEMS</small>            7:00pm-8:00pm            John</p>		<p><i>Pre-Registration is required. Book your classes on the MINDBODY APP or on Body Images website-Studio Schedule Classes subject to cancellation is less than 3 people.</i></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!

### 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.

#### **"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!)