



















SUMMER 2022 GROUP FITNESS SCHEDULE

(586) 726-8900

WWW.BODYIMAGESFITNESSCENTER.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 9:00am-10:00am SCOTT 	 Move IT, Shake IT, Tone IT! 5:00pm-5:45pm DAWN	 9:00am-10:00am SCOTT  4:45pm-5:45pm DAWN	 MOVE IT, SHAKE IT, TONE IT! 5:00pm-5:45pm Dawn	 9:00am-10:00am SCOTT	
 ROCKOUT. WORKOUT. 6:00pm-6:45pm Melissa	 6:00pm-7:00pm PAM	CARDIO, CORE CHISEL! 🏹 6:00pm-6:45pm JOHN	 6:00pm-7:00pm PAM		BARRE 8:00am-8:45am Melissa
 7:00pm-8:00pm JOHN		 7:00pm-8:00pm JOHN		<p style="text-align: center;">BOOK YOUR CLASSES !</p> <p>PRE-REGISTRATION is required. Book your classes on Body Images' Website or use your MINDBODY APP . Classes are subject to cancellation if less than 3 people.</p>	



Group Fitness Class Descriptions

BODYPUMP

BODYPUMP is a weight 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 30 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!

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!

CARDIO 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

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

LOW IMPACT AEROBICS - 45 minutes of low impact aerobics to great music with no stress on your joints. Core and light weights used for upper and lower body conditioning is included. For all levels of fitness.

“UNLIMITED” GROUP FITNESS PACKAGES TAKE ANY CLASS-ANY DAY-ANY TIME EFFECTIVE 6/2020

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

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

***MIX AND MATCH PACKAGE-12 CLASSES - \$125.00
(EXPIRES THREE MONTHS AFTER PURCHASE)**

DROP-IN FEE \$15.00 PER CLASS