

Body Images

FITNESS CENTER

51204 Danview Technology Court











Shelby Twp., MI 48315

bodyimagesfitnesscenter.com

FALL 2022 GROUP FITNESS CLASSES



LEAN, STRONG
& UNSTOPPABLE

MON	TUE	WED	THU	FRI	SAT
 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 9:15am-10:15am Scott	MOVE it! SHAKE it! TONE it! 5:00pm -5:45pm Dawn	 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 9:15am-10:15am Scott		 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 9:15am-10:15am Scott	<i>POUND UNPLUGGED/BARRE</i>  8:00am-8:45am Melissa
 <small>ROCKOUT. WORKOUT.</small> 6:00pm - 6:45pm Melissa	 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 6:00pm-7:00pm Pam	LET'S STEP! 6:00pm -6:45pm Pam	 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 6:00pm-7:00pm Pam		 9:00am-10:00am Kevin
 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John		 <small>LEE MILLS BODY TRAINING SYSTEMS</small> 7:00pm-8:00pm John	<p>Pre-Book your classes on MINDYBODY or on our website BODYIMAGESFITNESSCENTER.COM. Classes are subject to cancellation if less than 3 people.</p>		