

12/10/2011		WWW.FITNESSRXONLINE.COM (248) 488-9830	info@fitnessrxonline.com				
<i>we will pro-rate classes if they are already in session: please email us</i>							
					WINTER 12	SPRING	SUMMER
				start dates	start date	start dates	start dates
	TEACHER	248-488 9830	*ANN ARBOR	FALL	WINTER	SPRING	SUMMER
1420 Hill St	Lisa	Zumba gold	Mon 9:30 am- 8 weeks		9-Jan	5-Mar	
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	FALL	WINTER	SPRING	SUMMER - 8
1827 Squirrel	Hillary	Definity total body workout	Mon. 5:45 p.m. -12 weeks		9-Jan	16-Apr	
1827 Squirrel	Kathy F	Pilates Mat	Tues. 6:00 p.m. -12 weeks		10-Jan	17-Apr	
1827 Squirrel	Ana Lisa	Definity total body toning	Thurs. 6:00 p.m. - 12 weeks			19-Apr	
1827 Squirrel	Ana Lisa	Golf Conditioning	Thurs. 7:00 p.m. - 12 weeks			19-Apr	
LOCATION	TEACHER	* BERKLEY (248) 837-8900		FALL	WINTER (8)	SPRING (8)	SUMMER
Tyndall	Lisa H	*Zumba with Ab Toning	Mon 6:15 p.m.- 8 weeks		23-Jan	26-Mar	
Tyndall	Melanie	45+ Fusion- Yo-Pi-Wts	Thurs. 6:30 p.m.- 8 weeks		26-Jan	29-Mar	
Tyndall	Hillary	Yoga/Pilates Synergy	Tues. 7:30 p.m.-8 weeks		17-Jan	27-Mar	
Tyndall	Hillary	Target Toning Worksho	Tues. 6:30 p.m. -JAN 10 ONLY		10-Jan		
Tyndall	Hillary	*Definity Total body w/o	Tues. 6:30 p.m.-8 weeks		17-Jan	27-Mar	
Tyndall	Hillary	Prenatal Yoga	Wed. 6:30 p.m.-8 weeks		18-Jan	28-Mar	
Tyndall	Carrie	Boot Camp	Wed. 7:30 p.m.-8 weeks		18-Jan	28-Mar	
LOCATION	TEACHER	* BIRMINGHAM COMM ED (248) 203-3811		FALL	WINTER	SPRING	SUMMER
36880 Woodward Ave		Pilates/Yoga Fusion	Tues 7:30 p.m.-10 weeks			10-Apr	
36880 Woodward Ave		Bootcamp/evening	Mon 6:30 p.m.-10 weeks			9-Apr	
36880 Woodward Ave		Pilates/Yoga Fusion	Thurs 6:45 p.m.- 10 weeks			12-Apr	
36880 Woodward Av	Melanie	Definity Total body w/o	Wed- 6:30 PM -10 weeks		11-Jan	11-Apr	
LOCATION	TEACHER	* BIRMINGHAM COMM HOUSE (248) 644-5832		FALL	WINTER	SPRING	SUMMER
380 S. Bates	Kathy F	Yoga/Pilates Synergy	Mon 7:00 p.m.- 12 weeks		9-Jan	9-Apr	9 weeks
380 S. Bates	Janet R	Zumba 45 years plus	Thurs 10:00 a.m.- 12 weeks			12-Apr	10 weeks
380 S. Bates	Janet R	Zumba plus toning	Wed 7:00 pm - 12 weeks		4-Jan	11-Apr	10 weeks
LOCATION	TEACHER	* * BLOOMFIELD HILLS 248-341-6402		FALL	WINTER	SPRING	SUMMER
Lahser Hs	Angie	Target Toning Workshop	Sat 11:00 am- one time			14-Apr	
Lahser Hs	Angie	Yoga at Home w/shop	Sat 11:00 am- one time			21-Apr	
Lahser H S	Kelly Brooks	Definity Total body w/o	Sat 10:00 am- 10 weeks			21-Apr	
Conant	Marilyn Bird	Chair Yoga for everyone	Wed 6:00 PM- 10 weeks			18-Apr	
Conant	Donna R	Yoga/Pilates Synergy	Wed 7:00 pm- 10 weeks			18-Apr	
LOCATION	TEACHER	Class	BRIGHTON COMMUNITY ED 810-299-4130	FALL	WINTER	SPRING	SUMMER
Miller	Jim H	Definity Total body w/o	Mon.6:30 p.m. - 10 weeks	16-Jan	23-Jan	9-Apr	25-Jun
LOCATION		*CALEDONIA (G R)		FALL	WINTER	SPRING	SUMMER
		CALEDONIA C E		FALL	WINTER	SPRING	SUMMER
			616-891-8117				
			616-891-8117				
Duncan Lk	Brandy	Fifty Plus Fusion	Wed 6:00 pm- 4 weeks		18-Jan	15-Feb	14-Mar

Duncan Lk	Brandy	Yoga Pilates synergy	Mon 6:00 p.m.- 4 weeks		16-Jan	13-Feb	12-Mar
Duncan Lk	Brandy	Kickboxing and toning	Mon 7:00 p.m.- 4 weeks		16-Jan	13-Feb	12-Mar
Duncan Lk	Brandy	Zumba with Toning	Thurs 6:30 pm- 4 weeks		19-Jan	16-Feb	15-Mar
LOCATION	TEACHER	CHIPPEWA VALLEY COMMUNITY ED (586) 723 2050		FALL	WINTER	SPRING	SUMMER -10
Mohegan	Mary C.	Golf Conditioning	Thurs 5:30 pm- 5 weeks				26-Apr
Mohegan	Mary C.	Definity Total body w/o	Thurs 6:30 pm- 5 weeks		26-Jan	8-Mar	26-Apr
Mohegan	Mary C.	Yoga-Pilates Synergy	Thurs. 7:30 p.m. -5 weeks		26-Jan	8-Mar	26-Apr
Erie	Mary C.	Definity total workshop	Sat Jan 21 12:00 noon-		1-21 only		
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223		FALL	WINTER	SPRING	SUMMER
Bay-court Park	Sabreen	Yoga Pilates	Tues 6:30 p.m.8 weeks		24-Jan		
Bay-court Park	Cherie B	Target Toning	Mon 6:30 pm- 8 weeks				
LOCATION	TEACHER	* CLIO (810) 591-4804		FALL	WINTER	SPRING	SUMMER
Clio h s	Katrina	Definity Total body w/o	Wed 7:00 p.m. - 8 weeks			28-Mar	
info@fitnessrxonline.com		FARMINGTON HILLS	248-488-9830	FALL	WINTER	SPRING	SUMMER
call/email	Angie Kielar	Target Toning	Tues 1:00 pm- drop in		ongoing		
for	Angie Kielar	Target Toning	Sat 11 am- 10 weeks		<u>7-Jan</u>		
location	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks		8-Jan		
LOCATION	TEACHER	FRANKENMUTH	989-652-6351	FALL	WINTER	SPRING	SUMMER
EFR Middle Sch		Yoga Pilates synergy	Thurs 6:30 pm- 6 weeks				
EFR Middle Sch		Definity Total body w/o	Mon 6:30 pm- 6 weeks				
LOCATION	TEACHER	FERNDALE PARKS	248 544-6767	FALL	WINTER	SPRING	SUMMER
1201 Livernois							
LOCATION	TEACHER	HARPER WDS 313-343-2560		FALL	WINTER	SPRING	5 WEEKS
Beacon Elem	Heather T	Zumba	Mon 6:00 PM- 5 weeks		9-Jan	27-Feb	
Beacon Elem	Lisa H	Zumba	Wed 6:00 PM- 5 weeks				
Beacon Elem	Burrell	Boot camp	Mon 7:00 PM- 5 weeks		9-Jan	27-Feb	
Beacon Elem	Lisa H	45 + salsa toning	Thurs 6:30 PM- 5 weeks		12-Jan	16-Feb	
LOCATION	TEACHER	*HASTING C E	(269) 948-4414	FALL	WINTER	SPRING	SUMMER
520 W. South St.		Zumba Toning	Tues 6:00 pm- 4 weeks			14-Feb	13-Mar
LOCATION	TEACHER	*HASTINGS SENIORS	(269) 948-4856	FALL	WINTER	SPRING	
320 W. Woodlawn Ave	Robin H	Zumba Gold	Tues 5:15 pm- 6 weeks		10-Jan	21-Feb	
LOCATION	248 546 4092	HAZEL PARK	(248) 547-5535 ext 205	FALL	WINTER	SPRING	SUMMER
620 W. Woodward H	Charlene Y	Zumba	Thurs 6:30 PM - 8 weeks			12-Apr	
	TEACHER	* HOWELL (517) 546-0693		FALL	WINTER	SPRING	SUMMER
Barnard C Center	Laura Mander	Zumba	Mon 7:00 pm- 10 weeks			16-Apr	9-Jul
Bennett		Definity Total body w/o	Tues 6:30 pm-10 weeks			17-Apr	10-Jul
Bennett		Yoga- Pilates Fusion	Tues 7:30 pm-10 weeks			17-Apr	10-Jul
LOCATION	TEACHER	CLASS	HOWELL WORKSHOPS				
		Practice Yoga @ Home	Sat 4-14 only 11 am			14-Apr	

		Target Toning worksho	Sat 4-21 only 11 am			21-Apr	
		Definity workshop	Sat 4-28 only 11 am			28-Apr	
LOCATION	TEACHER	*HUNTINGTON WDS	(248) 541-3030 EXT 717	FALL	WINTER- 8 wks	SPRING- 8 WK	SUMMER
26325 Scotia	Lisa H	Zumba	Mon 7:30 p.m.-8 weeks			16-Apr	25-Jun
26325 Scotia	Kristen "S	Pilates	Wed 7:45 pm- 8 weeks		25-Jan	18-Apr	27-Jun
26325 Scotia	Lisa H	Zumba with Toning	Tues 7:00 p.m.-8 weeks		24-Jan	17-Apr	26-Jun
	Cherie B	Aqua Zumba	Sat 10:00 AM- 8 weeks				23-Jun
LOCATION	TEACHER	* LINCOLN PARK	(313) 386-1817	FALL	WINTER	SPRING	SUMMER
Bandshell	Dawna	Kid's Hip Hop	Friday 4:15p.m. -8 weeks		3-Feb	30-Mar	25-May
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks		23-Jan	19-Mar	14-May
Bandshell	Paulina	Gymnastics 5-8 yrs	Thurs 5:00 p.m- 8 weeks		19-Jan	22-Mar	17-May
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks		19-Jan	22-Mar	17-May
	TEACHER	* LIVONIA call 248 488 9830 to register		FALL	WINTER	SPRING	SUMMER
Stevenson HS	Angie Kielar	Definity Total Body w/o	Sat 11 am- WORKSHOP		4-Feb		
Stevenson HS	Heather M	Practice Yoga @ Home	Sat 11 am- WORKSHOP		14-Jan		
Hoover	Susan S	45+ Zumba plus wts	Wed 6 pm- 8 weeks		11-Jan	11-Apr	
Cass	Susan S	45+ Zumba plus wts	Mon 5:30 pm- 8 weeks			9-Apr	
Coolidge	Claudia	Definity Total body w/o	Tues 7:30 pm- 8 weeks			10-Apr	
Coolidge	Claudia	Yoga Pilates synergy	Tues 6:30 pm-8 weeks		10-Jan	10-Apr	
Buchanan	Claudia	Definity Total body w/o	Thurs 7:30 pm- 8 weeks			12-Apr	
Buchanan	Claudia	Yoga Pilates synergy	Thurs 6:30 pm-8 weeks		12-Jan	12-Apr	
LOCATION	TEACHER	*MADISON HEIGHTS REC 248-589-2294		FALL	WINTER	SPRING	
City Hall- Lower L	Melanie	Definity Total body w/o	Mon. 6:30 p.m.-8 weeks		23-Jan	26-Mar	21-May
360 W 13 Mile	Melanie	Definity Total body w/o	Wed. 6:30 p.m.-8 weeks				16-May
NOVI PARKS 248-347-0456				FALL	WINTER	SPRING	SUMMER
Novi Civi Ctr	Cherie B	Definity Total body w/o	Sat 9:00 am- 6 weeks			3-Mar	14-Apr
Novi Civi Ctr	Tosha	Target Toning (lunch)	Wed 12 noon- 6 weeks			22-Feb	11-Apr
Novi Civi Ctr	Tosha	Target Toning evening	Tues 7:00 pm- 6 weeks			5-Jun	24-Jul
Novi Civi Ctr	Claudia	Definity Total body w/o	Mon 6:30 pm- 6 weeks		9-Jan	12-Mar	
LOCATION	TEACHER	CLASS	PORTAGE C E (269) 323-6759	FALL	WINTER	SPRING - 8	SUMMER- 8
CMS Cafeteria	Ann B	Yoga/Pilates Synergy	Thurs 6:30 pm-10 weeks		19-Jan	12-Apr	
CMS Cafeteria	Veronique	Yoga/Pilates Synergy	Tues 6:45 pm- 10 weeks		17-Jan	10-Apr	
* RAY (586) 749-3358				FALL	WINTER	SPRING	SUMMER
64255 Wolcott Road	Amy T	Zumba gold	Wed 6:30 PM- 8 weeks		18-Jan	21-Mar	16-May
64255 Wolcott Road	Amy T	Yoga	Wed 7:30 PM- 8 weeks		18-Jan	21-Mar	16-May
* ROCHESTER COMM ED (248) 726-3126				FALL	WINTER	SPRING-	SUMMER- 8
Rochester H S	Carrie	Definity Total body w/o	Mon 7:00 pm -			19-Mar	
Rochester H S	Cherie B	45+ Salsa Toning	Thurs 7:00 pm-		19-Jan	29-Mar	21-Jun
ROSEVILLE PARKS (586) 445-5480				FALL	WINTER	SPRING	SUMMER

18185 Sycamore	Sue Legault	Yoga	Mon 7:15 pm- 6 weeks		9-Jan	12-Mar	5-14- 4 WKS
* SALINE SENIOR CENTER (734) 429-9274				FALL	WINTER	SPRING	SUMMER
7190 N. Maple Rd	Lisa	Zumba Gold	Wed 9:30 Am- 8 weeks		11-Jan	8-Mar	
7190 N. Maple Rd	Denise J	Yoga- 45 years plus	Thurs 6:00 PM- 8 weeks			15-Mar	
LOCATION	TEACHER	* SOUTHFIELD SENIOR CENTER 248-796-4650		FALL	WINTER	SPRING	SUMMER
Southfield Sr Cent	Dawna	Zumba Tone/50 yrs +	Thurs 6:00 PM- 8 weeks		19-Jan	15-Mar	
Southfield Sr Cent	Dawna M	Zumba Gold 50 yrs plus	Mon. 6:00 p.m.-8 weeks		16-Jan	12-Mar	
LOCATION	TEACHER	* SOUTHFIELD PARKS (248) 796-4670		FALL	WINTER	SPRING	SUMMER
Beechwoods	Lisa G	Yoga Basics- beginner	Tues. 7:00 p.m.-8weeks		17-Jan		
Beechwoods	Lisa G	Yoga/Pilates Synergy	Thurs. 7:00 p.m.-8 weeks		19-Jan		
Beechwoods	Barb Oakes	Yoga-Pil- weights	Tues 6:00 pm-5 weeks			10-Apr	
Beechwoods	Lisa G	Yoga Basics- beginner	Tues. 7:00 p.m.5 weeks			10-Apr	
Beechwoods	Lisa G	Yoga Basics- beginner	Thurs. 7:00 p.m.-5 weeks			12-Apr	
Beechwoods	Ana	Golf Conditioning	Sat 10:30 am- 5 weeks			14-Apr	
LOCATION	TEACHER	CLASS	SOUTHFIELD WORKSHOPS				
Beechwoods		Practice Yoga @ Home	Sat 4-14 only 11:30 am			14-Apr	
Beechwoods		Target Toning workshop	Sat 4-21 only 11:30 am			21-Apr	
Beechwoods		Definity workshop	Sat 4-28 only 11:30 am			28-Apr	
LOCATION	TEACHER	* TROY PARKS (248) 524-3492		FALL	WINTER	SPRING	SUMMER
Community Center	Janet	FIFTY + Fusion	Tues 5:30 pm- 10 weeks		17-Jan	12-Apr	12-Jun
Community Center	Julia D	Women on Weights	Thur.6:00 p.m.-10 weeks		12-Jan	14-Apr	14-Jun
LOCATION	TEACHER	TRENTON PARKS (734) 675-7300		FALL	WINTER	SPRING	
Hedke Elem		Definity Total body w/o	Wed. 7:00 pm.-8 weeks			21-Mar	
	*WARREN WDS	(586) 439-4408 ext 4433		FALL	WINTER	SPRING	
12900 Frazho Rd.	Tony G	Zumba with Toning	Thurs 6:00 pm- 10 weeks			19-Apr	
LOCATION	*	WAYNE WESTLAND (734) 419-2426		FALL	WINTER	SPRING	
Wayne Mem H S	Suzy	Yoga Pilates synergy	Thurs 6:30 pm- 8 weeks			15-Mar	7-Jun
Wayne Mem H S	Claudia	Definity Total body w/o	Wed 7:30 p.m.-8 weeks		25-Jan	28-Mar	6-Jun
Wayne Mem H S	Suzy	Yoga Pilates synergy	Tues 6:30 pm- 8 weeks		10-Jan	13-Mar	5-Jun
LOCATION	TEACHER	CLASS	WEST BLOOM (248)451-1901		FALL	WINTER	SPRING
RAC	Cherie	Golf conditioning	Sat 9 am- 8 weeks				5-May
RAC	Ana	Arms, Abs & Buns	Mon 6:00 pm- 8 weeks		9-Jan	12-Mar	7-May
TBD	Ana	Arms, Abs & Buns	Wed 6:00 pm- 8 weeks		11-Jan	14-Mar	9-May
LOCATION	TEACHER	CLASS					
WE WILL PRO-RATE		classes already in session- email us					

Compatibility Report for 09-10 SCHEDULE.xls
Run on 5/6/2011 8:08

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Version

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