

WINTER 18		WWW.FITNESSRXONLINE.COM (248) 921-9003						
<i>we will pro-rate classes if they are already in session: please email us</i>								
		info@fitnessrxonline.com				WINTER	SPRING	SUMMER
248-921-9003					start date	start dates	start dates	
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	FALL	WINTER	SPRING	SUMMER - 6	
1827 Squirrel	Carrie	Barre total body workout	Mon. 5:45 p.m. -12 weeks	10-Sep				
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -12 weeks	11-Sep				
LOCATION	TEACHER	* BERKLEY (248) 837-8900		FALL	WINTER	SPRING		
Burton Gym	Burrell S	Arms, Legs and Abs	Mon 6:30 p.m.-10 weeks	17-Sep				
LOCATION	TEACHER	* www.BirminghamNext.org (248) 203.5273		FALL	WINTER	SPRING		
2121 Midvale	Angie Kielar	Women on Weights	Wed 10:00 am- 6 weeks	12-Sep	24-Oct			
		CALEDONIA C E	616-891-8117	FALL	WINTER	SPRING		
Duncan Lk	Julie Morrow	Yoga Fusion	Thurs 5:45 pm- 6 weeks-	13-Sep				
Duncan Lk	Julie Morrow	Yoga Fusion	Tues 5:45 pm- 6 weeks-	11-Sep				
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223		FALL	WINTER	SPRING	SUMMER	
Bay-court Park	Cherie B	Barre total body workout	Mon 6:30 pm- 8 weeks	10-Sep	5-Nov	28-Jan	25-Mar	
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003	FALL	WINTER	SPRING	SUMMER	
call/email	Angie Kielar	PRIVATESE/SEMI PRIVATESE	by appointment					
12/Halsted	Angie Kielar	Yoga-Pilates-Barre	Personal training					
LOCATION	TEACHER	HARPER WDS 313-343-2560		FALL	WINTER	SPRING	SUMMER	
Har Wds High	Leslie M	Water Aerobics	Tues 6:30 pm 6 weeks	11-Sep				
LOCATION	TEACHER	HASTINGS COA	(269) 948-4856	FALL	WINTER	WINTER	SPRING	
320 W. Woodlawn Ave	Robin H	Zumba Gold	Tues 5:15 pm- 6 weeks	11-Sep				
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817		FALL	WINTER	SPRING	SUMMER	
Bandshell	Dawna	Kids hip hop dance	Thurs 4:00 p.m. -8 weeks	6-Sep	1-Nov			
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	10-Sep	5-Nov			
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks	6-Sep	1-Nov			
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		FALL	WINTER	SPRING	SUMMER	
Civic Center	Allen F	Yoga Basics	Mon 7:00 p.m.10 weeks	10-Sep				
Civic Center	Lenora	Stretch and Strengthen	Mon 6:00 pm- 10 weeks	10-Sep				
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks	12-Sep				
City Hall- Lower L	Lenora	Stretch and Strengthen	Wed 6:30 p.m.-10 weeks	12-Sep				
City Hall- Lower L	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks	13-Sep				
LOCATION	TEACHER	CLASS	NOVI PARKS 248-347-0414	FALL	WINTER	SPRING	SUMMER	
Civic Center	Angie Kielar	Yoga	Tues 10:45 am- 7 weeks	4-Sep	30-Oct	8-Jan	5-Mar	
Civic Center	Angie Kielar	Barre Pilates Plus	Tues 9:40 am- 7 weeks	4-Sep	30-Oct	8-Jan	5-Mar	
ROSEVILLE PARKS (586) 445-5480				FALL	WINTER	SPRING	SUMMER	
18185 Sycamore	Dawna	Barre Toning	Wed 7:00 pm- 8 weeks	12-Sep	7-Nov	16-Jan	20-Mar	
18185 Sycamore	Sarah J	Yoga	Mon 6:30 pm-8 weeks	10-Sep	5-Nov	14-Jan	18-Mar	
18185 Sycamore	Sarah J	Yoga	Thurs 6:30 pm-8 weeks	13-Sep	8-Nov	17-Jan	21-Mar	
LOCATION	248 796 4673	*SOUTHFIELD CENTER 248-796-4670		FALL	WINTER	SPRING	SUMMER	
Parks and Rec	Dawna	Zumba gold toning	Thurs 6:00 PM- 8 weeks	20-Sep	15-Nov			

Parks and Rec	Angie Kielar	Barre Toning	Thurs 10:30 AM - 8 weeks	20-Sep	15-Nov		
Parks and Rec	Burrell S	Women on Weights	Tues 4:30 pm- 8 weeks	18-Sep	13-Nov		
LOCATION	TEACHER	*TROY PARKS (248) 524-3492		FALL	WINTER	SPRING	SUMMER
Community Center	Barb N	Barre	Mon 11:00 am - 10 weeks	10-Sep	7-Jan		
Community Center	Barb N	Women on Weights	Tues 6:00 pm- 10 weeks	11-Sep	8-Jan		
Community Center	Barb N	Barre	Wed 11:00 am- 10 weeks	12-Sep	9-Jan		
Community Center	Barb N	Women on Weights	Thur.6:00 p.m.-10 weeks	13-Sep	10-Jan		
LOCATION	TEACHER	WAYNE WESTLAND	(734) 419-2426	FALL	WINTER	SPRING	SUMMER
John Glenn HS	Cheryl D	Healthy Backs Yoga	Wed. 7:00 pm- 8 weeks	19-Sep	28-Nov		
John Glenn HS	Meena F	Yoga Basics	Mon 7:30 pm- 8 weeks	17-Sep	19-Nov		
LOCATION	TEACHER	CLASS		FALL	WINTER	SPRING	SUMMER
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