

WINTER 22		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 23	SPRING	SUMMER
248-921-9003				start date	start dates	start dates
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	WINTER	SPRING	SUMMER - 6
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -8 weeks	29-Nov	10-Jan	7-Mar
		CALEDONIA C E	616-891-8117	WINTER	SPRING	SPRING
Kraft MS	Nicole	Teen Yoga	Tues 4:15 pm- 8 weeks-		10-Jan	7-Mar
Kraft MS	Nicole	Yoga Fusion	Tues 5:30 pm- 8 weeks-	8-Nov	10-Jan	7-Mar
LOCATION	TEACHER	*CLARKSTON	(248) 625-8223	WINTER	SPRING	SUMMER
Bay-court Park	Cherie B	Zumba Basic/Gold	Mon 6:00 p.m.8 weeks	9-Jan	6-Mar	1-May
Bay-court Park	Cherie B	Barre total body workout	Mon 7:15 pm- 8 weeks	9-Jan	6-Mar	1-May
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003	WINTER	SPRING	SUMMER
call/email	Angie Kielar	PRIVATES/SEMI PRIVATES	by appointment			
12/Halsted	Angie Kielar	Yoga-Pilates-Barre	Personal training			
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817	48146	WINTER	SPRING	SUMMER
3240 Ferris	Temperance	Yoga Basics	Mon-6:00 pm- 8 weeks	16-Jan		
3240 Ferris	Allison	Core yoga	Mon-10:00 am- 8 weeks	16-Jan		
Bandshell	Allison	Chair yoga	Wed 10:00 a.m.-8 weeks	18-Jan		
3240 Ferris	Allison	Vinyasa yoga	Fri 10:00 am - 8 weeks	13-Jan		
Bandshell						
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		WINTER	SPRING	SUMMER
	Burrell S	Kids Kickboxing	Wed 5:00 pm - 8 weeks	16-Nov	11-Jan	
City Hall- Lower L	Cherie B	Barre	Tues 7:00 p.m.-8 weeks		10-Jan	
City Hall- Lower L	Karen E	Yoga - Unwind Wed	Wed 6:45 p.m.-8 weeks	9-Nov	11-Jan	
LOCATION	TEACHER	CLASS	ROCHESTER 248-608-0278			
650 Letica Dr		Core and toning	Wed 5:30 p.m. -	7-Dec		
	TEACHER	WAYNE WESTLAND	(734) 419-2426	WINTER	SPRING	SUMMER
5400 4TH ST	Temperance	Basic Yoga	Wed 6:30 pm- 8 weeks	18-Jan	22-Mar	
LOCATION	TEACHER	CLASS		WINTER	SPRING	SUMMER
	TEACHER	CLASS				
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