

WINTER 18		WWW.FITNESSRXONLINE.COM (248) 921-9003					
<i>we will pro-rate classes if they are already in session: please email us</i>							
					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		27-Nov	8-Jan	
1827 Squirrel	Carrie	Lower body boot camp	Sat 3:00 PM - 12 weeks			20-Jan	
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -12 weeks		28-Nov	9-Jan	
LOCATION	TEACHER	* BERKLEY (248) 837-8900		FALL	WINTER	WINTER	SPRING
Tyndall	Natalee N	Pilates and Barre	Thurs 6:30 pm - 8 weeks		29-Nov	11-Jan	15-Mar
Tyndall	Barb N	Kickboxing and Toning	Thurs 7:30 p.m.- 8 weeks		29-Nov	11-Jan	15-Mar
Tyndall	Burrell S	Arms, Legs and Abs	Mon 7:30 p.m.- 8 weeks		13-Nov		
Tyndall	Burrell S	Arms, Legs and Abs	Mon 6:30 p.m.- 8 weeks			22-Jan	26-Mar
Tyndall	Natalee N	Yoga/Pilates Synergy	Tues. 6:30 p.m. -8 weeks		14-Nov	16-Jan	27-Mar
Tyndall	Carian	Pilates and Barre	Wed. 7:30 p.m.-8 weeks		15-Nov	17-Jan	21-Mar
Tyndall	Lauren	Yoga Basics	Wed 6:30 pm- 8 weeks			17-Jan	21-Mar
		CALEDONIA C E	616-891-8117	FALL	WINTER	SPRING	
Duncan Lk	Angela V	Yoga Fusion	Thurs 5:45 pm- 6 weeks-			18-Jan	8-Mar
Park Ridge Elem	Leah	Yoga Fusion	Tues 5:45 pm- 6 weeks-		16-Jan	6-Mar	17-Apr
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223		FALL	WINTER	SPRING	SUMMER
Bay-court Park	Cherie B	Yoga Pilates	Mon 7:00 p.m.8 weeks		6-Nov	22-Jan	26-Mar
Bay-court Park	Cherie B	Barre total body workout	Mon 6:00 pm- 8 weeks		6-Nov	22-Jan	26-Mar
Bay-court Park	Cherie B	Zumba GOLD	Mon 5:30 pm- 8 weeks		6-Nov		
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003	FALL	WINTER	SPRING	SUMMER
call/email	Angie Kielar	PRIVATES/SEMI PRIVATES	by appointment			DROP INS	WELCOME
12/Halsted	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks	15-Oct	7-Jan		
LOCATION	TEACHER	HARPER WDS 313-343-2560		FALL	WINTER	SPRING	SUMMER
Har Wds High	Leslie M	Water Aerobics	Tues 6:30 pm 6 weeks		7-Nov		
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		14-Nov		
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817		FALL	WINTER	SPRING	SUMMER
Bandshell	Dawna	Kid's Hip Hop	Thurs 4:00 p.m. -8 weeks		2-Nov	11-Jan	
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	2-Oct	27-Nov	5-Feb	
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks		26-Oct	4-Jan	1-Mar
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		FALL	WINTER	SPRING	SUMMER
Civic Center	Stefanie	Stretch and Strengthen	Mon 6:00 pm- 10 weeks		27-Nov	8-Jan	19-Mar
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks		29-Nov	10-Jan	21-Mar
City Hall- Lower L	Tina K	Stretch and Strengthen	Wed 6:30 p.m.-10 weeks		29-Nov	10-Jan	21-Mar
City Hall- Lower L	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks		30-Nov	11-Jan	22-Mar

Compatibility Report for 09-10 SCHEDULE.xls
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of occurrences

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Version

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