

WINTER 19	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				<b>start date</b>	<b>start dates</b>	<b>start dates</b>
<b>LOCATION</b>	<b>TEACHER</b>	<b>248-370-9353</b>	<b>*AUBURN HLS 248-364-6795</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER - 6</b>
1827 Squirrel	Carrie	Barre total body workout	Mon. 5:45 p.m. -12 weeks	7-Jan		
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -12 weeks	8-Jan		
<b>LOCATION</b>	<b>TEACHER</b>	<b>* BERKLEY (248) 837-8900</b>		<b>WINTER</b>	<b>SPRING</b>	
Burton Gym	Burrell S	Arms, Legs and Abs	Mon 6:30 p.m.-10 weeks			
		<b>CALEDONIA C E</b>	<b>616-891-8117</b>	<b>WINTER</b>	<b>SPRING</b>	
Duncan Lk	Leah Rettig	Yoga Fusion	Thurs 5:45 pm- 6 weeks-	17-Jan	7-Mar	25-Apr
Duncan Lk	Leah Rettig	Yoga Fusion	Tues 5:45 pm- 6 weeks-	15-Jan	5-Mar	23-Apr
<b>LOCATION</b>	<b>TEACHER</b>	<b>* CLARKSTON (248) 625-8223</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Bay-court Park	Cherie B	Barre total body workout	Mon 6:30 pm- 8 weeks	28-Jan	25-Mar	
info@fitnessrxonline.com		<b>FARMINGTON HILLS</b>	<b>248-921-9003</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>call/email</b>	Angie Kielar	PRIVATESEMI PRIVATE	by appointment			
12/Halsted	Angie Kielar	Yoga-Pilates-Barre	Personal training			
<b>LOCATION</b>	<b>TEACHER</b>	<b>HARPER WDS 313-343-2560</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Har Wds High		Water Aerobics	Tues 6:30 pm 6 weeks			
<b>LOCATION</b>	<b>TEACHER</b>	<b>* LINCOLN PARK (313) 386-1817</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Bandshell	Dawna	Kids Zumba	Thurs 4:00 p.m. -8 weeks	7-Feb	4-Apr	
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	28-Jan	1-Apr	
Bandshell	Allie P	Zumba	Thurs. 7:00 pm- 8 weeks	10-Jan	7-Mar	
	Abida	Belly Dance	Mon 6:00 pm- 8 weeks	21-Jan		
	Abida	Pilates Barre fusion	Mon 5:00 pm - 8 weeks	21-Jan		
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks	10-Jan	7-Mar	
	<b>TEACHER</b>	<b>*MADISON HEIGHTS REC 248-589-2294</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Civic Center	Meghan	Yoga Basics	Mon 7 pm- 4 weeks			
Civic Center	Burrell S	Women on Weights	Mon 6:00 p.m.10 weeks	14-Jan	1-Apr	
City Hall- Lower L	Dawna	Kids Zumba	Wed 4:30 pm- 10 weeks	16-Jan	3-Apr	
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks	16-Jan	3-Apr	
City Hall- Lower L	Natalia Via	Yoga Basics	Wed 6:30 p.m.-10 weeks	16-Jan	3-Apr	
Civic Center Pk Shel	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks			
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>	<b>NOVI PARKS 248-347-0414</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Civic Center	Angie Kielar	Yoga	Tues 10:45 am- 7 weeks	8-Jan	5-Mar	30-Apr
Civic Center	Angie Kielar	Barre Pilates Plus	Tues 9:40 am- 7 weeks	8-Jan	5-Mar	30-Apr
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>	<b>NOVI/WIXOM (248) 207-4838</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
28243 Beck Rd B 2	Angie Kielar	Yoga	Thu 10:30 am- 7 weeks	10-Jan	28-Feb	18-Apr
28243 Beck Rd B 2	Angie Kielar	Barre Pilates Plus	Thu 9:30 am- 7 weeks	10-Jan	28-Feb	18-Apr
		<b>ROSEVILLE PARKS (586) 445-5480</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
18185 Sycamore	Dawna	Barre Toning	Wed 7:00 pm- 8 weeks	16-Jan	20-Mar	
18185 Sycamore	Natalia Via	Pilates	Mon 7:30 pm-8 weeks		18-Mar	

18185 Sycamore	Natalia Via	Yoga	Mon 6:15 pm-8 weeks	14-Jan	18-Mar	
18185 Sycamore	Natalia Via	Yoga	Thurs 6:15 pm-8 weeks	17-Jan	21-Mar	
<b>LOCATION</b>	<b>248 796 4673</b>	<b>*SOUTHFIELD CENTER 248-796-4670</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Parks and Rec	Dawna	Zumba gold toning	Thurs 6:00 PM- 8 weeks	15-Nov	10-Jan	7-Mar
Parks and Rec	Dawna	Barre Toning	Thurs 7:00 p.m.-8 weeks		10-Jan	7-Mar
Parks and Rec	Burrell S	Women on Weights	Tues 4:30 pm- 8 weeks	13-Nov	15-Jan	5-Mar
<b>LOCATION</b>	<b>TEACHER</b>	<b>*TROY PARKS (248) 524-3492</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Community Center	Barb N	Barre	Mon 11:00 am - 10 weeks	7-Jan		
Community Center	Barb N	Women on Weights	Tues 6:00 pm- 10 weeks	8-Jan		
Community Center	Barb N	Barre	Wed 11:00 am- 10 weeks	9-Jan		
Community Center	Barb N	Women on Weights	Thur.6:00 p.m.-10 weeks	10-Jan		
<b>LOCATION</b>	<b>TEACHER</b>	<b>WAYNE WESTLAND</b>	<b>(734) 419-2426</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
John Glenn HS	Brandy	Yoga Pilates	Mon 7:00 p.m.8 weeks	14-Jan	18-Mar	
John Glenn HS	Abida (Heather)	Healthy Backs Yoga	Wed. 7:00 pm- 8 weeks	16-Jan	20-Mar	
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>		<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>				
WE WILL PRO-RATE		classes already in session- email us				

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**Version**

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