

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
248-921-9003					start date	start dates
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795		WINTER	SPRING
1827 Squirrel	Carrie	Barre total body workout	Mon. 5:45 p.m. -12 weeks		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		9-Jan	
LOCATION	TEACHER	* BERKLEY (248) 837-8900			WINTER	SPRING
Tyndall	Natalee N	Pilates and Barre	Thurs 6:30 pm - 8 weeks			15-Mar
Tyndall	Barb N	Kickboxing and Toning	Thurs 7:30 p.m.- 8 weeks			15-Mar
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			27-Mar
Tyndall	Lauren	Yoga Basics	Wed 6:30 pm- 8 weeks			14-Mar
		CALEDONIA C E 616-891-8117			WINTER	SPRING
Duncan Lk	Angela V	Yoga Fusion	Thurs 5:45 pm- 6 weeks-			8-Mar
Duncan Lk	Angela V	Yoga Fusion	Tues 5:45 pm- 6 weeks-		16-Jan	6-Mar 17-Apr
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223			WINTER	SPRING
Bay-court Park	Cherie B	Yoga Pilates	Mon 7:00 p.m.8 weeks		22-Jan	26-Mar
Bay-court Park	Cherie B	Barre total body workout	Mon 6:00 pm- 8 weeks		22-Jan	26-Mar
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003		WINTER	SPRING
call/email	Angie Kielar	PRIVATES/SEMI PRIVATES	by appointment			DROP INS
12/Halsted	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks		7-Jan	18-Mar
LOCATION	TEACHER	HARPER WDS 313-343-2560			WINTER	SPRING
Har Wds High	Leslie M	Water Aerobics	Tues 6:30 pm 6 weeks			SUMMER
LOCATION	TEACHER	HASTINGS COA (269) 948-4856			WINTER	WINTER
320 W. Woodlawn Ave	Robin H	Zumba Gold	Tues 5:15 pm- 6 weeks		16-Jan	SPRING
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817			WINTER	SPRING
Bandshell	Dawna	Kid's Hip Hop	Thurs 4:00 p.m. -8 weeks			11-Jan 8-Mar
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks		27-Nov	12-Feb 23-Apr
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks			4-Jan 1-Mar
	TEACHER	*MADISON HEIGHTS REC 248-589-2294			WINTER	SPRING
Civic Center	Stefanie	Stretch and Strengthen	Mon 6:00 pm- 10 weeks		8-Jan	19-Mar
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks		10-Jan	21-Mar
City Hall- Lower L	Stefanie	Stretch and Strengthen	Wed 6:30 p.m.-10 weeks		10-Jan	21-Mar
City Hall- Lower L	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks		11-Jan	22-Mar
LOCATION	TEACHER	CLASS	NOVI PARKS 248-347-0414		WINTER	SPRING
Civic Center	Angie Kielar	Barre Pilates Plus	Tues 9:30 am- 7 weeks		9-Jan	6-Mar 8-May
		ROSEVILLE PARKS (586) 445-5480			WINTER	SPRING
18185 Sycamore	Dawna	Barre Toning	Wed 7:00 pm- 8 weeks		17-Jan	14-Mar 9-May
18185 Sycamore	Sarah J	Yoga	Mon 6:30 pm-8 weeks		22-Jan	26-Mar 21-May
18185 Sycamore	Sarah J	Yoga	Thurs 7:15 pm-8 weeks			22-Mar 24-May

SALINE SENIOR CENTER (734) 429-9274				WINTER	SPRING	SUMMER
7190 N. Maple Rd	Lisa	Zumba Gold 50 yrs plus	Wed 9:30 Am-8 weeks	17-Jan		
LOCATION	248 796 4673	*SOUTHFIELD CENTER 248-796-4670		WINTER	SPRING	SUMMER
Parks and Rec	Dawna	Zumba gold toning	Thurs 6:00 PM- 8 weeks	18-Jan	22-Mar	
Parks and Rec	Burrell S	Women on Weights	Thurs 4:30 PM - 8 weeks		22-Mar	
Parks and Rec	Burrell S	Women on Weights	Tues 4:30 pm- 8 weeks	23-Jan	20-Mar	
LOCATION	TEACHER	*TROY PARKS (248) 524-3492		WINTER	SPRING	SUMMER
Community Center	Barb N	Women on Weights	Tues 6:00 pm- 10 weeks	9-Jan	28-Mar	
Community Center	Barb N	Women on Weights	Thur.6:00 p.m.-10 weeks	11-Jan	30-Mar	
LOCATION	TEACHER	WAYNE WESTLAND	(734) 419-2426	WINTER	SPRING	SUMMER
John Glenn HS	Cheryl D	Healthy Backs Yoga	Wed. 7:00 pm- 7 weeks	17-Jan	21-Mar	
John Glenn HS	Cheryl D	Yoga Pilates	Tues 6:30 pm- 8 weeks	23-Jan	20-Mar	
John Glenn HS	Meena F	Yoga Basics	Mon 7:30 pm- 8 weeks	22-Jan	19-Mar	
LOCATION	TEACHER	CLASS		WINTER	SPRING	SUMMER
LOCATION	TEACHER	CLASS				
WE WILL PRO-RATE		classes already in session- email us				

Compatibility Report for 09-10 SCHEDULE.xls
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