



Eastpointe/St. Clair Shores

Spring 2009 Class Schedule

Tae Bo Cardio and Strength Training Camp:

Two classes in one! Every class is different. Burn fat with a cardio segment consisting of aerobics, tae bo kickboxing and various other skills. Sculpt and tone your way to a lean body using free weights. Finish out the workout with an awesome ab and glute toning section which will aid you in achieving those six-pack abs! Great class for all fitness levels. Please bring hand-held weights and exercise mat to class. Teens are always welcomed!

Day: Tuesdays/Thursdays
Time: 7:15 – 8:15 pm
Fee: \$63.00 for six weeks
Location: PRINCETON
Session: April 21

ZUMBA!

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps. Great for all ages and fitness levels. Great stress reliever!

Day: Wednesdays
Time: 6:15-7:15 pm
Fee: \$49.00 for six weeks
Location: PARE
Session: April 22 **no class 05/04**

NEW!

Guts and Glutes:

Here it is, a course that finally cantors to our fat zones! This 30 min. class will sculpt, tone and tighten every muscle in your lower body, including abdominals, legs and gluts. Please bring exercise mat to class.

Day: Tuesdays
Time: 6:30-7:00 pm
Fee: \$25.00 for six weeks
Location: PRINCETON
Session: April 21

- ** *All locations are listed on back page.*
- ** *Always consult your doctor before beginning an exercise program.*
- ** *Please contact St. Clair Shores Adult Education for Registration/Questions: (586) 285-8880*

(586) 709-2194 www.teamfitcorp.com

Team Fit - Spring 2009 Class Schedule



Low Impact/Beginner Aerobics:

Class is designed and geared for those just starting out. You'll shape up with an easy-to-follow series of circuit training combining both aerobic and muscle toning exercises. Instructor also explains the "hows" and "whys" of each movement, like an actual personal training session. Nutrition is also discussed and how diet goes hand in hand with your weight loss. This fun and safe class format is just what is needed to stay motivated and encouraged about your fitness routine! Great for all ages and both genders. Please bring hand held weights, exercise mat and water to class.

Day: Wednesday
Time: 7:00-8:00 pm
Fee: \$42.00
Location: RODGERS
Session: April 22

20/20/20 :

Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. A fun way to lose weight and inches while increasing stamina and metabolism.. Please bring hand held weights and exercise mat to class.

Days: Monday
Time: 6:30-7:30 pm
Fee: \$42.00
Location: ARDMORE
Session: April 20

Maximum Re-Sculpt and Awesome Abs:

Get ripped abs, toned legs and an overall lean, sleek physique! This class incorporates weight training to target and tone every square inch of your body. Further emphasis then on the female fat zones: the buttocks, hips, thighs and abs. Please bring rubber coated hand-held weights, exercise mat and water to class.

Days: Monday
Time: 7:40-8:40 pm
Fee: \$42.00
Location: ARDMORE
Session: April 20

FYI: TO ENSURE THE PROGRAM RUNS SUCCESSFULLY, PLEASE REGISTER PRIOR TO THE FIRST DAY!

It's finally here...

TEAM F.I.T. CAMP

with Jill Turvey

m, w, f 6-7 am @ Xtreme Fitness in Chesterfield Twp.

4-week session \$120.00 or 3-weeks for \$99.00

Call today to register for next session!

Class is limited to 12 participants!

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, Team Fit is committed to providing the right "game-plan" for you to reach your goals. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. Let us help you today with your health and fitness training.

Clients come to us for a myriad of reasons:

Weight loss
Improve energy
Increase metabolism
Accountability
Motivation
Program Design
Flexibility
Sports Performance
Results!!!

F Frequency

I Intensity

T Time

Do you have what it takes to be a Team member?

You will begin your session by getting weighed in and measured. A daily dietary journal will be distributed for logging in *everything* you intake. Tools and guidelines will be shared to make your journey successful and goals achieved. Daily protein shakes will also be of no charge for this program.....over a \$42.00 bonus! Workouts will vary weekly to keep your muscles challenged and your metabolism high.

Class size is limited so don't postpone registering....call today to reserve your spot in the next session! Great workout for both genders.

Team Fit - Spring 2009 Eastpointe/SCS Locations

St. Clair Shores:

Princeton Elementary School: (PRINCETON)

20300 Statler St; (between Frazho and 10 Mile Road)

Pare Elementary School: (PARE)

23500 Pare (behind Lakeland Manor and 9 Mile)

Rodgers Elementary School: (RODGERS)

21601 L'Anse (corner of Harper between Martin and 12 Mile Roads)

Ardmore Elementary School: (ARD)

27001 Greater Mack (S. of 11 Mile, W. of Jefferson)

PLEASE BE ADVISED:

- * All classes are subject to change or be canceled due to low enrollment.
- * Make-up classes are allowed within the same session period only.
- * Full payment is due upon registration. Cash or personal checks are accepted. A \$15.00 fee will be assessed for returned checks.
- * No refunds after second day of class session
- * Session memberships are binding, non-transferable and can not be frozen or carried over for any reason.
- * Contact St. Clair Shores Adult and Community Education Department for registration or any questions: (586) 285-8880

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