



## Fall 2009 Class Schedule

**20/20/20:**

### Instructor's Choice Training Camp:

Take your workout to the next level. Every class is different. Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include 20 minutes of varied cardio (cardio-kick, step, interval), 20 minutes of amazing strength training and finish out each workout with 20 minutes of an awesome ab and glute toning section. Enjoyable for all fitness levels and ages.

Day: Tuesdays/Thursdays – **Lindsay**  
Time: 7:00 – 8:00 pm  
Fee: \$58.00; \$36.00 for once a week (m&m)  
Location: XTREME  
Session I: September 14– October 22  
Session II: November 3 – December 10

### **PLEASE NOTE:**

- \* All Team Fit locations are listed on back page.*
- \* Always consult your doctor before beginning an exercise program.*
- \* Drop in fees are \$10.00/class if you do not want to sign up for an entire session. Class Punch Cards are available – 8 class punches for \$72.00 expire 3 months from purchase. Can be used at any location*

### **TEAM F. I. T. CAMP**

The class combines resistance training, cardiovascular training with sport specific drills and loads of fun! Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We look forward to working with you to reach your goals. Boot Camp is a demanding program, and one in whose results we take extreme pride. Space is limited and great workout for both genders! Camp also includes protein shake, nutritional handouts and dietary log book that will be weekly monitored. **See additional insert for more information.**

#### **Three-day week program:**

Days: M, W, F -**Jill**  
Time: 6:00-7:00 am  
Fee: 4-week session \$120.00 **(BEST DEAL!)**  
Session: September 14 – October 9 - outdoors  
Session: October 12 – November 6 – outdoor/indoor  
Session: November 9 – December 11 (no class wk of 11/23) indoors  
Location: XTREME- Chesterfield

#### **Two-day week program**

Days: T, TH  
Time: 6:00-7:00 am  
Fee: 4-week session \$85.00  
Session: November 10 – December 10 (no class wk of 11/ 23)  
outdoor/indoors  
Location: XTREME – Chesterfield

# Team Fit - Fall '09 Class Schedule



## Cycle Challenge: Hosted @ XTREME

This class is just what you need to jump start your metabolism! Indoor cycling incinerates calories, increases stamina, and helps develop toned, well-defined legs. Research has shown than an average 40-minute class will burn up to 500 calories! Add intervals of strength and abdominal training and you will begin getting into the best shape of your life! Pre-registration is a must. These classes fills up fast.

**Fee: \$45.00/once a week or m&m for \$75.00!**  
**you can now mix and match with another cycling class or any other class. A \$15.00 savings!**

Mon	Tues	Wed	Thurs	Fri	Sat
				9:30 Beth O.	8:00 Kathleen
PM					
5:30 Beth O.		5:30 Beth O.			
	8:00 Lindsay				

Session I: September 14 – October 24  
 Session II: November 2 – December 12

## Total Body Fitness (cardio kickboxing and strength training):

A 60-minute total body exercise class that caters to all fitness gurus. You'll get the fat burning and heart-strengthening benefits of aerobics, plus the body-shaping and lean muscle-building benefits of toning which will continually challenge your muscles. Added concentration on abdominals and gluts. Great for all fitness levels and both genders. All equipment is provided.

### CHILD CARE AVAILABLE

Days: Monday/Wednesday **-Jill**  
 Time: 9:30-10:30 am  
 Fee: \$58.00; \$36.00 for once a week (m&m)  
 Location: XTREME  
 Session I: September 14 – October 21  
 Session II: November 2 – December 9

**Can't decide which classes to sign up for? You can always purchase a Class Punch Card which is cheaper than paying the \$10.00 drop in visits. 8 classes for \$72.00 and can be used at any of our hosting locations, for any class and at any time (session carry over permitted). Contact Jill for more information.**

**FYI: TO ENSURE THE PROGRAM RUNS SUCCESSFULLY, PLEASE REGISTER PRIOR TO THE FIRST DAY! SCHEDULES MAY CHANGE DUE TO LOW ENROLLMENT.**

# TEAM F.I.T. CAMP

(boot camp style workout + nutritional counseling and supplements)

[www.teamfitcorp.com](http://www.teamfitcorp.com)

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. The ideal setting for this camp takes place outdoors. We will use natural props as well as supply additional equipment in order to enhance the variation and give you the best workout; without routine! **Check out web page for Q/A re: this effective and exciting program.**

Clients come to us for a myriad of reasons:

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

## THIS PROGRAM WILL BE OFFERED AT THE FOLLOWING LOCATION:

**CHESTERFIELD/  
MACOMB AREA**

**XTREME FITNESS w/ Jill Turvey  
(M-59 at Gratiot Ave)**

### **Fall Session Dates:**

**3 day a week program {M/W/F}:**

**09/14 to 10/09 (outdoors)**

**2 or 3 day a week program offered {T/TH or M/W/F}:**

**10/12 to 11/06 (outdoor/indoor)**

**11/09 to 12/11 (no class week of 11/23<sup>rd</sup>) (indoors)**

Your journey begins 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. A \$10.00 discount given to re-enrollees! Recruit a friend and receive an additional bonus!

# Team Fit - Fall'09 Class Schedule

**CHILD CARE  
AVAILABLE FOR  
CLASSES HELD AT  
XTREME FITNESS!**

## Guts & Gluts:

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. This class is packed with effective exercises for the abs, back, gluts and legs to tone and strengthen the mid-section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun but challenging class.

Day: Mondays -**Shawn**  
Time: 7:30-8:00 pm  
Fee: \$22.00  
Location: XTREME  
Session I: September 14 – October 19  
Session II: November 2 – December 7

Day: Wednesday- **Kat**  
Time: 6:30-7:00  
Fee: \$25.00  
Location: WYANDOT  
Session: September 21 – October 26

If you happen to miss a class, make up classes can be accommodated with prior notice. Please make sure that make up classes are within the current session; missed classes *can not* be carried over to the next session.

**\*\*REMEMBER: If your school district is closed due to weather conditions, morning classes are also canceled and made up at the end of the session. Night classes will go on as scheduled unless notified, please make sure your email address/phone number is current with us!**

## Step & Sculpt - Step Aerobics and Strength Training

**\*All step classes below hosted at Xtreme Fitness\***

Step your way to burn fat and build stamina! This course offers traditional step moves to shape your entire lower body. Great work out for beginners as well as advanced levels. Class also focuses on upper body toning exercises and core conditioning. Steps and risers are provided.

### AM CLASS:

Day: Tuesdays -**Jill**  
Time: 9:30-10:30 am  
Fee: \$36.00 (m&m \$58.00)  
Session: September 15 – October 20  
Session II: November 3 – December 8

### PM CLASS:

Day: Monday/Wednesday -**Shawn**  
Time: 8:00-9:00 pm  
Fee: \$58.00  
Session I: September 14 – October 21  
Session II : November 2 – December 9

### WEEKEND CLASS:

Day: Saturday - **Shawn**  
Time: 10:00-11:00 am  
Fee: \$36.00 (m&m \$58.00)  
Session I: September 19 – October 24  
Session II: November 7 – December 12

**\*\*step classes are also offered through St. Clair Shores district---see schedule for more information.**

# Team Fit - Fall '09 Class Schedule

## Hatha Yoga Beginning/Intermediate:

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels. Please bring yoga “sticky” mat to class and be prepared to work in bare feet.

### AM CLASS:

Day: Thursdays  
Time: 10:30-11:30 am  
Fee: \$45.00 (m&m \$75.00)  
Location: XTREME  
Session I: September 17 – October 22  
Session II: November 5 – December 17  
\*no class November 26

### PM CLASS:

Day: Thursday  
Time: 8:00-9:00 pm  
Fee: \$45.00 (m&m \$75.00)  
Location: XTREME  
Session I: September 17 – October 22  
Session II: November 5 – December 17  
\*no class November 26



## Beginner/Intermediate Belly Dancing:

Relive stress and loose inches at the same time. You'll raise your heart rate into its fat-burning zone with a lively, fun and well-taught belly dance workout. Learn root Belidi steps, shakes, and routines which incorporates graceful arm movements, hip movements and abdominal exercises. Certified instructor makes it fun and carefully instructs each routine and fully explains every movement.

Day: Fridays- **Lauren**  
Time: 6:00-7:00 pm  
Fee: \$48.00  
Location: XTREME  
Session: September 18 – October 23



**Take salsa, cha-cha, samba, tango, merengue, flamenco, calypso, hip-hop and belly dancing, put it all in a workout routine, and you have 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! Come on and join the party!

**Class fees are \$48.00 for six weeks or \$10.00/class.**

**SPECIAL: sign up for 2 Zumba classes –take \$10.00 off total enrollment price!**

### **MONDAYS:**

**Location: XTREME FITNESS- CHESTERFIELD TWP.**

**Time: 6:30-7:30 pm**

**Session I: September 14 – October 19**

**Session II: November 1 – December 8**

**Instructor: Nancy Bara**

### **TUESDAYS:**

**Location: FOX – CLINTON TWP.**

**Time: 7:00-8:00 pm**

**Session: September 21 – October 27**

**(only 1 fall session at this facility)**

**Instructor: Jennifer Paczas**

**Location: NEW BALTIMORE REC. CENTER**

**Time: 7:30-8:30 pm**

**Sessions: September 22 – October 20; October 27 – December 1**

**\*5 wk session for \$40.00 (above discount not applicable at this location)**

**Instructor: Kat Calandra**

### **WEDNESDAYS:**

**Location: SOUTH LAKE H.S. - ST. CLAIR SHORES**

**Time: 6-15-7:15 pm**

**Session I: September 16 – October 21**

**Session II: October 28 – December 9 (no class 11/25)**

**Instructor: Jennifer Paczas**

**Location: WYANDOT – CLINTON TWP.**

**Time: 6:30-7:30 pm**

**Session: September 23 – October 28**

**(only 1 fall session at this location)**

**Instructor: Kat Calandra**

### **THURSDAYS:**

**Location: XTREME FITNESS – CHESTERFIELD TWP.**

**Time: 6:00-7:00 pm**

**Session I: September 17 – October 22**

**Session II: November 5 – December 17 (no class 11/26)**

**Instructor: Nancy Bara**

# Team Fit - Fall '09 Class Schedule

**CHILD CARE  
AVAILABLE FOR  
CLASSES HELD AT  
XTREME FITNESS!  
\$3/CHILD**

## Super Saturday Morning:

Take your workout to the next level with our Saturday morning workout. With an intense, but easy to follow cardio segment; this class is designed to always keep your heart rate in the fat-burning zone. Full range toning then follows with proven standing and seated exercises chosen to incorporate both variety and tempo variations. Then its ab firming floor work – an effective mix of Pilates and crunches.

Day: Saturday -**Shawn**  
Time: 9:00 – 10:00 am  
Fee: \$36.00 (m&m \$58.00)  
Session I: September 19 – October 24  
Session II: November 7 – December 12  
Location: XTREME

## Mix and Match Discount Program (m&m):

If signing up for:

\*\*any cardio or strength training classes; m&m discount rate is \$58.00 for two classes/week

\*\*any yoga, pilates, cycling; m&m discount rate is \$75.00 for two classes/week

(For example, if signing up for Super Saturday Mornings and 1 day of Total Body Fitness, the m&m discount rate is \$58.00; if signing up for Hatha Yoga and 1 day of Step It Up, the m&m discount is the greater of the two...\$75.00)

\*\* sorry, no m&m for Belly Dancing or Zumba! Classes.

## Pilates Core Challenge:

Emphasis on breath, core conditioning and body awareness. A safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Develop an effective fitness routine for a lifetime. Achieve body tone, feel revitalized and move with ease. Class will be practicing on stability balls throughout the course. Please bring sticky mat to class.

## CLASSES HOSTED AT XTREME

### AM CLASS

Day: Thursdays –**Beth D.**  
Time: 9:30-10:30 am  
Fee: \$45.00 (m&m \$75.00)  
Session I: September 17 – October 22  
Session II: November 5 – December 10

### PM CLASS

Day: Wednesdays – **Beth D.**  
Time: 6:45-7:45 pm  
Fee: \$45.00 (m&m \$75.00)  
Session I: September 16 – October 21  
Session II: November 4 – December 9



**Under the age of 18 and want to join in on the exciting classes? No problem. Please download a Parental Consent Form from web page**

# Team Fit - Fall '09 Class Schedule

## Weight Training for Weight Loss/Sculpt & Tone:

Did you know that fat takes up 3x the amount of mass than muscle? Did you know that you can burn more calories by lifting weights than by cardio alone? Increase everyday strength, boost metabolism and build lean, sleek muscles without the bulk. This no-nonsense, compound body sculpting class will aid you in building definition as well as endurance. Every workout is not only different, but challenging so that you will never hit a fitness plateau. Great workout for all levels. Class also discusses diet and other factors which can play a role in your results. All equipment is provided for. Please bring water to class!

### AM CLASS

Day: Monday - **Jill**  
Time: 10:30-11:30 am  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session I: September 14 – October 19  
Session II: November 2 – December 7

### PM CLASS

Day: Tuesday- **Lindsay**  
Time: 6:00-7:00 pm  
Fee: \$36.00 (m&m \$58.00)  
Location: XTREME  
Session I: September 15 – October 20  
Session II: November 3 – December 8

## Tai Chi (108 Yang Style Form)

Come and experience the Ancient Chinese Martial Art of Tai Chi. Learn to relax, improve balance and flexibility, respiratory and cardio status through gentle movements and breathing techniques. Sorry, no m&m options available for this program.

Day: Saturday- **Melissa**  
Time: 8:00-9:00 am  
Fee: \$45.00  
Location: MAIN STAGE  
Session: September 26 – October 31

Day: Saturday- **Melissa**  
Time: 10-11 am  
Fee: \$45.00  
Location: ERIE  
Session: September 26 – October 31

***New!***

## Small Group Training: (not a part of general exercise classes)

Looking for a fitness program specifically for you for a lot cheaper than personal training sessions? Now's your chance to get involved with this small group training. This program is geared for 3-5 participants which includes cardio, resistance training, core work and stretching exercises. Certified Personal Training Jill Turvey leads this program and also includes daily protein shake! Morning and afternoon sessions are now forming so take advantage of this special discount rate! Since personal/group training is not a part of general exercise classes, this program can not be used as a class make up or further discounts/coupons not applicable.

Day: Thursdays/Fridays  
Time: 8:45-9:30 am; 2:00-2:45 pm or 5:15-6:00 pm  
Fee: \$99.00/3 sessions = \$33/session!  
Location: XTREME - Chesterfield  
Session: ongoing

# Kids Korner

## **CHEER CAMP:**

This class will give you something to cheer about! Learn cheers, chants and dance routines in this fun and exciting class designed to improve coordination, flexibility and teamwork. Camp is led by a certified coach and has an extensive background in dance/cheer and kids camps. Camps geared for Grades K through 5<sup>th</sup> Grade. Pom poms are provided at both locations. Clinics begin the week of September 21<sup>st</sup>.

### **Cheer Clinic For Chesterfield/Macomb Area Located at Green Elementary School: (GREEN)**

**Beginner Level**      **k-2 grade**  
Day:                      Monday  
Time:                     6:00-6:45 pm  
Fee:                        \$42.00

**Intermediate Level**   **3-5 grade**  
Day:                      Monday  
Time:                     6:45-7:30 pm  
Fee:                        \$42.00

### **Cheer Clinic For Shelby Twp. Area Located at Shelby Township Rec. Center: (SHELBY)**

**Grades:**                **k-5<sup>th</sup>**  
Day:                      Wednesday  
Time:                     5:30-6:15  
Fee:                        \$49.00

(586) 709-2194 [www.teamfitcorp.com](http://www.teamfitcorp.com)  
*Fitness for Fun, Fitness for Life!*

# Team Fit - Fall 2009 Locations

## **CHESTERFIELD:**

### **Xtreme Fitness: (XTREME)**

45409 Marketplace Blvd.  
(M-59 and Gratiot Ave.; adjacent to Wal-Mart)

### **Green Elementary School: (GREEN)**

7260 Sugarbush Road (North of 21 Mile)

## **CLINTON TOWNSHIP:**

### **Erie Elementary School: (ERIE)**

42276 Romeo Plank (between Cass and Canal)

### **Wyandot Middle School: (WYANDOT)**

39490 Garfield Road. (North of 17 Mile)

### **Macomb Oakland Regional Center: (MORC)**

16200 Nineteen Mile Road (across from Henry Ford Hospital)

## **SHELBY TOWNSHIP:**

### **Shelby Twp. Community Center (SHELBY)**

52700 Van Dyke Ave. (North of 24 Mile Road)

## **MACOMB TOWNSHIP:**

### **Fox Elementary School: (FOX)**

17500 Millstone Drive  
(South of 21 Mile; between Romeo Plank and Garfield)

## **NEW BALTIMORE:**

### **New Baltimore Recreation Center: (REC)**

50976 Washington (downtown New Baltimore)

### **Main Stage Center for the Arts (MAIN STAGE)**

10115 26 Mile Road, New Baltimore (just East of I-94)  
PLEASE PARK IN REAR OF BUILDING

## **PLEASE BE ADVISED:**

- \* Mix & match options available when signing up for multiple classes. Some exclusions apply. Mix n match prices are listed, however, please call for more details and other options.
- \* Team Fit reserves the right to cancel any program due to low enrollment. A full refund would then be issued or applied to another program.
- \* 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.
- \* Drop-in fees **MUST** be paid for in the form of a personal check made payable to Team Fit. Cash will not be accepted by the instructor.
- \* Session memberships are binding, non-transferable and can not be frozen or carried over for any reason. No refunds after second meeting day of class.



Registration Mailing Address:  
 Team Fit, Inc./Jill Turvey  
 47456 Brennan Drive  
 Macomb Twp., MI 48044  
 (586) 709-2194; [www.teamfitcorp.com](http://www.teamfitcorp.com)

PROGRAM REGISTRATION FORM

Student's Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

Participant's Name (Last/First)	Birthdate mm/dd/yy	M/F	Activity Name	Days	Times	Fee

**Total:** \_\_\_\_\_

Release Agreement - In consideration of being permitted to participate in the activity of use of any facility in connection with this activity, the undersigned agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue Team Fit, Inc., Jill Turvey, the class instructor, Xtreme Fitness, its employees, officers and agents (hereinafter referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees of otherwise while the undersigned is participating in the activity or using any facility in connection with the activity.
2. There is a risk of injury, both serious and minor, associated with participation in activities offered at Xtreme Fitness, located at 45409 Marketplace Blvd., Chesterfield, MI 48051 (hereinafter referred to as "Xtreme") as well as any and all other participating facilities which Team Fit, Inc. associates and conducts fitness training at. The risks may increase in activities involving physical contact, running, jumping or otherwise leaving one's feet, sliding, diving, or interaction with equipment used in such activities. The risks may include, but are not limited to: injury to the skin, head, neck or spine (including paralysis); injury to the muscular or skeletal systems; injury to internal or external organs; loss of or damage to sight, hearing, or teeth; death; long or short-term disability; loss of income; career opportunities or the enjoyment of life; pain; scarring; or disfigurement.
3. The undersigned hereby agrees to indemnify and hold harmless the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in these facilities and equipment whether caused by any negligent act or omission of the releasees or otherwise.
4. The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon the properties or participating in the activity or using any facility and equipment whether caused by any negligent act or omission of the releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof by held invalid, notwithstanding, the balance shall continue in full legal force and effect. It is the responsibility of each individual to have health insurance coverage sufficient to provide for medical or dental services and/or equipment required to treat any injury, minor or catastrophic, sustained or incurred as a result of participating in activities at Xtreme, and to certify that such insurance coverage is so held.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this Agreement, including that it prevents me from suing Team Fit, Inc., Jill Turvey, the class instructor, Xtreme or any other facility in which Team Fit, Inc. conduct fitness training, or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in said activity. I further acknowledge that no oral representations, statements or inducements have been made. This Agreement is binding and can not be froze and is non-transferable for any reason. No refunds after second meeting day of class.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_