



Eastpointe/St. Clair Shores

Fall 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: Tues/Thurs. - **Stacie**
Time: 7:00 – 8:00 pm
Fee: \$61.00
Location: PRINCETON
Session: September 15–October 22

Popular!

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! This class is one that fills up quickly!

Day: Wednesdays -**Jennifer**
Time: 6:15-7:15 pm
Fee: \$48.00
Location: SOUTH LAKE H.S.
Session: September 16 – October 21
Session II: October 28 – December 9

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: Tuesdays - **Stacie**
Time: 6:20-6:50 pm
Fee: \$25.00
Location: PRINCETON
Session I: September 15–October 20
Session II: October 27 – December 8

**** All Team Fit locations are listed on back page.**

**** Always consult your doctor before beginning an exercise program.**

(586) 709-2194 www.teamfitcorp.com

Team Fit - Fall 2009 Class Schedule

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/Wednesday **-Stacie**
Time: 6:30-7:30 pm
Fee: \$61.00
Location: ARDMORE
Session: September 14 – October 21
Session II: October 26 – December 9

Step & Sculpt - Step Aerobics and Strength Training

Step your way to burn fat and build stamina! This course offers traditional step moves to shape your entire lower body. Includes short warm-up and an awesome ad work. 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. Please bring hand held weights and exercise mat to class.

Days: Tuesdays/Thursday **-Stacie**
Time: 7:00-8:00 pm
Fee: \$61.00
Location: PRINCETON
Session: October 27 – December 10

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. Space is limited to 14 participants 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 re: location. Camp sells out quickly!**

Three-day week program:

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

Two-day week program:

Days: T, TH **Jill**
Time: 6:00-7:00 am
Fee: 4 weeks for \$85.00
Session I: October 13 – November 5 – outdoor/indoor
Session II: November 10 – December 8 - indoors
(no class week of Nov. 23rd)
Location: XTREME – Chesterfield

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

TEAM F.I.T. CAMP

(boot camp style workout + nutritional counseling and supplements)

WWW.teamfitcorp.com

For registration guidelines please visit our web site or call Jill at (586) 709-2194

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 workout variation and give you the best routine possible.

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) Just East of I-94**

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 11/23rd) (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 2009 Eastpointe/SCS Locations

St. Clair Shores:

Princeton Elementary School: (PRINCETON)

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

Ardmore Elementary School: (ARD)

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

South Lake High School: (SOUTHLK)

21900 Nine Mile Rd. (Btwn Harper & Greater Mack)

PLEASE NOTE:

Team Fit also has on-going classes with the following format:

- **Power Cycling**
- **Pilates**
- **Hatha Yoga**
- **Belly Dancing**
- **Personal/Small Group Training**
- **Tai Chi**
- **Weekend Classes**

See company's web site for more details on where these classes are offered at. www.teamfitcorp.com

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; Contact St. Clair Shores Adult Education for further registration guidelines at (586) 285-8888.
- * Session memberships are binding, non-transferable and can not be frozen or carried over for any reason.
- * 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.
- * No refunds given after the second meeting day of the program.

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