



St. Clair Shores

Winter 2010 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: January 26- March 4



Take salsa, meringue, tango, flamenco, calypso, cha-cha, hip-hop and belly dancing, put them into a workout routine and you get 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. Great for all ages and fitness levels. Great stress reliever!

Day: Wednesdays -**Jennifer**
 Time: 6:15-7:15 pm
 Fee: \$40.00
 Location: RODGERS
 Session: January 27 – March 3

Day: Saturday -**Kat**
 Time: 9:00-10:00 am
 Fee: \$40.00
 Location: RODGERS
 Session: January 30 – March 6

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: Tues/Thurs- **Stacie**
 Time: 6:20-6:50 pm
 Fee: \$25 for 1day/
 \$42 for 2 days
 Location: PRINCETON
 Session I: January 26 – March 4

Team Fit - Winter 2010 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: January 25 – March 3

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: Monday/Wednesday-**Stacie**
Time: 7:40-8:40 pm
Fee: \$61.00
Location: ARDMORE
Session: January 25- March 3

BE RESPECTFUL TO THE FACILITIES DURING THE WINTER MONTHS:

Due to the mess snow/salt make, please be mindful and bring in your fitness shoes instead of wearing them to classes. It also makes the floors slippery. Try to leave the facility the way it was prior to class.

Thank you!

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. **Scroll down for more information.**

3 day/week program:

Days: M, W, F -**Jill**
Time: 6:00-7:00 am
Fee: \$120.00
Session: January 11 – February 5 (**SOLD OUT**)
February 8 – March 5
March 8 – April 2
Location: XTREME – Chesterfield Twp.



SCROLL DOWN FOR MORE INFO.

2 day/week program:

Days: T, TH **Jill**
Time: 6:00-7:00 am
Fee: \$85.00
Session: January 12 – February 4
February 9 – March 4
March 9 – April 1
Location: CONCORDE – Clinton Twp.

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 & supplements = RESULTS!)

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. If outside temperature is 40 degrees or warmer, Camp will be outside. During the Winter months, Camp is hosted indoors. 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
(M-59 at Gratiot Ave)
*lockers rooms available**

Team Leader: Jill Turvey

Session Dates: January 11 – February 5 **sold out
February 8 – March 5
March 8 – April 2**

PROGRAM DISCOUNTS: 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. Register prior to Dec. 30 and receive \$10 off enrollment (no double discounts). 10% off all protein/supplement sales and enrollment to any other program within same session.**



T/Th 6-7 am
4 week session @ \$85.00
with Jill Turvey, CPT, CGFI

General Boot Camp is over. Now it's time for the next level. Level II F.I.T. Challenge is mental and physical training. Expect it to be rigorous and demanding. It's hard work. Then again, anything worth something usually is. You'll emerge in top physical condition astounded by what you've accomplished so far and ready for the biggest adventure of your life: your first tour of duty.

We apply our system and train the body the way it was designed to perform and function in real life.

This program takes the best of everything and throws out the stuff that doesn't work resulting in the F.I.T. Challenge. F.I.T. Challenge is a strength and condition program designed for everyone from the elite athlete to a beginner who hasn't worked out in years. F.I.T. Challenge delivers fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. The principals of F.I.T. Challenge are Monostructural (or Cardio), Gymnastics basics, and Weightlifting. In a F.I.T. Challenge workout you will see one of those principals, a combination of any two, or all three. Classes are started with a 10-15 minute dynamic warm-up where we do some exercises to get the heart rate up that coordinate to the workout, some skill work, and some dynamic stretching. We then go over form in the movements that will be used that day. We are very strict on form, good form is essential in optimal performance and injury prevention. The workouts are short duration and high in intensity. Each workout is timed and recorded so that we can measure your progress. Showers and full lockers room available at this location for no extra charge.

NEXT SESSIONS INFORMATION: January 12 – February 4
February 9 – March 4
March 9 – April 1

HOSTING LOCATION: CONCORDE SWIM & FITNESS CENTER (showers available for no extra fee)

PROGRAM DISCOUNTS: **10% off all protein/supplement sales and enrollment to any program within session**

TO VIEW MORE DESCRIPTION OF THIS PROGRAM, VISIT OUR WEB SITE: WWW.TEAMFITCORP.COM

Team Fit - Winter 2010 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)

Violet Elementary School: (VIOLET)

22020 Violet (E of Harper, N of 13 Mile Rd) *park in back of school

Rodgers Elementary School: (RODGERS)

21601 L'Anse (Corner of Harper, btwn Martin & 12 Mile)

Clinton Twp/Chesterfield:

ConCorde Swim and Fitness Club: (CONCORDE)

44315 Gratiot Ave.; located inside the ConCorde Inn
(just South of Hall Road)

Xtreme Fitness: (XTREME)

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

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. If refund is requested, a \$10.00 fee will be assessed.

PLEASE NOTE:

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

- **Power Cycling**
- **Pilates**
- **Hatha Yoga**
- **Hip Hop Fitness**
- **Personal/Small Group Training**
- **Tai Chi**
- **Aqua Fitness**
- **Boot Camps**

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