

FALL 16	3/7/2017	WWW.FITNESSRXONLINE.COM (248) 488-9830			
<i>we will pro-rate classes if they are already in session: please email us</i>					
				SPRING	SUMMER
248-488 9830				start dates	start dates
	TEACHER	248-488 9830	*ANN ARBOR	SPRING	SUMMER
1420 Hill St	Lisa	Zumba gold	Mon 9:30 am- 8 weeks		
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	SPRING	SUMMER - 6
1827 Squirrel	Carrie	Barre total body workout	Mon. 5:45 p.m. -12 weeks	3-Apr	10-Jul
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -12 weeks	4-Apr	11-Jul
LOCATION	TEACHER	* BERKLEY (248) 837-8900		SPRING	
Tyndall	Dawna	Zumba with Toning	Thurs 7:30 p.m.- 8 weeks		
Tyndall	Debbie T	Arms, Legs and Abs	Mon 7:30 p.m.- 8 weeks	27-Mar	
Tyndall	Nancy M	Yoga/Pilates Synergy	Tues. 6:30 p.m. -8 weeks	21-Mar	
Tyndall	Nancy M	Prenatal Yoga	Wed. 6:30 p.m.-8 weeks		
Tyndall	Nancy M	Barre (total body workout)	Wed. 7:30 p.m.-8 weeks	15-Mar	
		CALEDONIA C E	616-891-8117	SPRING	
Duncan Lk	Angela V	Yoga Fusion	Thurs 5:45 pm- 6 weeks	18-Jan	8-Mar
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223		SPRING	SUMMER
Bay-court Park	Britt	Yoga Pilates	Tues 6:30 p.m.8 weeks	2-May	11-Jul
Bay-court Park	Cherie B	Zumba at the Barre	Mon 6:30 pm- 8 weeks	1-May	10-Jul
Barstch Hall	Cherie B	Zumba GOLD	Mon 5:30 pm- 8 weeks	1-May	10-Jul
info@fitnessrxonline.com		FARMINGTON HILLS	248-488-9830	SPRING	SUMMER
call/email	Angie Kielar	PRIVATE/SEMI PRIVATE	by appointment	DROP INS	WELCOME
12/Halsted	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks	23-May	
LOCATION	TEACHER	HARPER WDS 313-343-2560		SPRING	SUMMER
Har Wds High	Leslie M	Water Aerobics	Tues 6:30 pm 6 weeks	18-Apr	
LOCATION	TEACHER	HASTINGS COA	(269) 948-4856	WINTER	SPRING
320 W. Woodlawn Ave	Robin H	Zumba Gold	Tues 5:15 pm- 6 weeks	18-Apr	
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817		SPRING	SUMMER
Bandshell	Dawna	Kid's Hip Hop	Thurs 4:00 p.m. -8 weeks	23-Mar	18-May
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	27-Mar	22-May
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks	16-Mar	11-May
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		SPRING	SUMMER
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks	26-Apr	12-Jul
City Hall- Lower L	Tina K	Fusion Yoga.pilates.barre	Wed 6:30 p.m.-10 weeks	26-Apr	12-Jul
City Hall- Lower L	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks	27-Apr	13-Jul
LOCATION	TEACHER	CLASS	NOVI PARKS 248-347-0414	SPRING	SUMMER
Civic Center	Angie Kielar	Barre Toning	Mon 11:30 am- 5 weeks	1-May	10-Jul
Civic Center	Angie Kielar	Barre Toning	Wed 11:30 am- 7 weeks	3-May	12-Jul

<b>ROSEVILLE PARKS (586) 445-5480</b>				<b>SPRING</b>	<b>SUMMER</b>
18185 Sycamore	Dawna	Barre Toning	Wed 7:00 pm- 8 weeks		
18185 Sycamore	Kylie	Yoga	Mon 6:30 pm-8 weeks	22-May	
18185 Sycamore	Bess	Barre Toning	Thurs 6:15 pm-8 weeks		
18185 Sycamore	Bess	Yoga	Thurs 7:15 pm-8 weeks	1-Jun	
<b>SALINE SENIOR CENTER (734) 429-9274</b>				<b>SPRING</b>	<b>SUMMER</b>
7190 N. Maple Rd	Lisa	Zumba Gold 50 yrs plus	Wed 9:30 Am-8 weeks	8-Mar	
<b>LOCATION</b>	<b>248 796 4673</b>	<b>*SOUTHFIELD CENTER 248-796-4670</b>		<b>SPRING</b>	<b>SUMMER</b>
Parks and Rec	Dawna	Zumba gold toning	Thurs 6:00 PM- 8 weeks	30-Mar	
Parks and Rec	Karen Maestri	Women on Weights	Tues 4:30 pm- 8 weeks	28-Mar	
<b>LOCATION</b>	<b>TEACHER</b>	<b>*TR0Y PARKS (248) 524-3492</b>		<b>SPRING</b>	<b>SUMMER</b>
Community Center	Barb N	Women on Weights	Tues 6:00 pm- 10 weeks	28-Mar	13-Jun
Community Center	Barb N	Women on Weights	Thur.6:00 p.m.-10 weeks	30-Mar	15-Jun
<b>LOCATION</b>	<b>TEACHER</b>	<b>WAYNE WESTLAND</b>	<b>(734) 419-2426</b>	<b>SPRING</b>	<b>SUMMER</b>
John Glenn HS	Cheryl D	Yoga Pilates	Tues 6:30 pm- 8 weeks		
John Glenn HS	Maria C	Total body barre	Mon 7:00 pm- 8 weeks		
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>		<b>SPRING</b>	<b>SUMMER</b>
<b>LOCATION</b>	<b>TEACHER</b>	<b>CLASS</b>			
<b>WE WILL PRO-RATE</b>		<b>classes already in session- email us</b>			

**Compatibility Report for 09-10 SCHEDULE.xls**  
**Run on 5/6/2011 8:08**

The following features in this workbook are not supported by earlier versions of Excel. These features may be lost or degraded when opening this workbook in an earlier version of Excel or if you save this workbook in an earlier file format.

**Minor loss of fidelity**

**# of occurrences**

---

Some cells or styles in this workbook contain formatting that is not supported by the selected file format. These formats will be converted to the closest format available.

---

2

**Version**

Excel 97-2003