

FALL 17		WWW.FITNESSRXONLINE.COM (248) 488-9830					
<i>we will pro-rate classes if they are already in session: please email us</i>							
					WINTER	SPRING	SUMMER
248-488 9830					start date	start dates	start dates
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	FALL	WINTER	SPRING	SUMMER - 6
1827 Squirrel	Carrie	Barre total body workout	Mon. 5:45 p.m. -12 weeks	28-Aug	27-Nov		
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -12 weeks	29-Aug	28-Nov		
LOCATION	TEACHER	* BERKLEY (248) 837-8900		FALL	WIINTER	WIINTER	SPRING
Tyndall	Natalee N	Pilates and Toning	Thurs 6:30 pm - 8 weeks		29-Nov		
Tyndall	Barb N	Cardio Kickboxing	Thurs 7:30 p.m.- 8 weeks	14-Sep	29-Nov		
Tyndall	Debbie T	Arms, Legs and Abs	Mon 7:30 p.m.- 8 weeks	18-Sep	13-Nov		
Tyndall	Nancy M	Yoga/Pilates Synergy	Tues. 6:30 p.m.- 8 weeks	19-Sep	14-Nov		
Tyndall	Nancy M	Prenatal Yoga	Wed. 6:30 p.m.-8 weeks		15-Nov		
Tyndall	Nancy M	Barre (total body workout)	Wed. 7:30 p.m.-8 weeks	20-Sep	15-Nov		
		CALEDONIA C E	616-891-8117	FALL	WINTER	SPRING	
Duncan Lk	Angela V	Yoga Fusion	Thurs 5:45 pm- 6 weeks-	14-Sep	27-Oct	18-Jan	8-Mar
Park Ridge Elem	Leah	Yoga Fusion	Tues 5:45 pm- 6 weeks-		16-Jan	6-Mar	17-Apr
LOCATION	TEACHER	* *CLARKSTON (248) 625-8223		FALL	WINTER	SPRING	SUMMER
Bay-court Park	Cherie B	Yoga Pilates	Mon 7:30 p.m.8 weeks	11-Sep	6-Nov		
Bay-court Park	Cherie B	Zumba at the Barre	Mon 6:30 pm- 8 weeks		6-Nov		
Bay-court Park	Cherie B	Zumba GOLD	Mon 5:30 pm- 8 weeks		6-Nov		
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003	FALL	WINTER	SPRING	SUMMER
call/email	Angie Kielar	PRIVATES/SEMI PRIVATES	by appointment			DROP INS	WELCOME
12/Halsted	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks	6-Aug	15-Oct		
12/Halsted	Angie Kielar	Yoga Basics	Wed 11:00 a.m.-10 weeks				
LOCATION	TEACHER	HARPER WDS 313-343-2560		FALL	WINTER	SPRING	SUMMER
Har Wds High	Leslie M	Water Aerobics	Tues 6:30 pm 6 weeks	19-Sep	23-Oct		
LOCATION	TEACHER	HASTINGS COA (269) 948-4856		FALL	WINTER	WINTER	SPRING
320 W. Woodlawn Ave	Robin H	Zumba Gold	Tues 5:15 pm- 6 weeks	12-Sep			
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817		FALL	WINTER	SPRING	SUMMER
Bandshell	Dawna	Kid's Hip Hop	Thurs 4:00 p.m. -8 weeks	7-Sep	2-Nov		
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	2-Oct	27-Nov		
Bandshell	Cynthia I	Booty Boot camp	Mon 7:00 pm- 8 weeks				
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks	31-Aug	26-Oct		
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		FALL	WINTER	SPRING	SUMMER
Civic Center	Debbie T	Stretch and Strengthen	Mon 6:00 pm- 10 weeks	11-Sep			
City Hall- Lower L	Dawna	Barre	Wed 5:30 p.m.-10 weeks	13-Sep			
City Hall- Lower L	Tina K	Stretch and Strengthen	Wed 6:30 p.m.-10 weeks	13-Sep			
City Hall- Lower L	Carrie O	Women on Weights	Thurs 5:30 pm- 10 weeks	14-Sep			

Compatibility Report for 09-10 SCHEDULE.xls
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Version

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