

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
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