

WINTER 24		WWW.FITNESSRXONLINE.COM (248) 921-9003					
<i>we will pro-rate classes if they are already in session: please email us</i>							
		info@fitnessrxonline.com		FALL 2024		SPRING	SUMMER
248-921-9003				start date	start date	start dates	start dates
LOCATION	TEACHER	248-370-9353	*AUBURN HLS 248-364-6795	FALL	WINTER	SPRING	SUMMER - 6
1827 Squirrel	Carrie	Core and Toning	Tues. 5:45 p.m. -8 weeks			9-Jan	5-Mar
		CALEDONIA C E	616-891-8117	FALL	WINTER	SPRING	SPRING
Kraft MS	Crystal	Core and Restore	Thu 6:00 pm- 8 weeks			11-Jan	7-Mar
Kraft MS	Alicia	Yoga Fusion	Tues 5:30 pm- 8 weeks-			9-Jan	5-Mar
LOCATION	TEACHER	*CLARKSTON	(248) 625-8223	FALL	WINTER	SPRING	SUMMER
Bay-court Park	Cherie B	Zumba Basic/Gold	Mon 6:00 p.m.8 weeks			22-Jan	18-Mar
Bay-court Park	Cherie B	Barre total body workout	Mon 7:15 pm- 8 weeks			22-Jan	18-Mar
info@fitnessrxonline.com		FARMINGTON HILLS	248-921-9003	FALL	WINTER	SPRING	SUMMER
call/email	Angie Kielar	PRIVATES/SEMI PRIVATES	by appointment				
12/Halsted	Angie Kielar	Yoga-Pilates-Barre	Personal training				
LOCATION	TEACHER	* LINCOLN PARK (313) 386-1817	48146	FALL	WINTER	SPRING	SUMMER
3240 Ferris	Lynn W	Yoga Basics	Mon-6:00 pm- 8 weeks		8-Jan	4-Mar	
3240 Ferris		Vinyasa Flow Yoga	Thu 5:30 pm- 8 weeks			7-Mar	
Bandshell							
	TEACHER	*MADISON HEIGHTS REC 248-589-2294		FALL	WINTER	SPRING	SUMMER
	Karen E	Core and Restore	Mon 6:00 p.m.-8 weeks			8-Jan	4-Mar
	Cherie B	Barre	Tues 7:00 p.m.-8 weeks			9-Jan	5-Mar
	Karen E	Yoga - Unwind Wed	Wed 6:45 p.m.-8 weeks			10-Jan	6-Mar
LOCATION	TEACHER	CLASS					
	TEACHER	WAYNE WESTLAND	(734) 419-2426	FALL	WINTER	SPRING	SUMMER
5400 4TH ST		Basic Yoga	Wed 6:30 pm- 8 weeks		8-Jan		
LOCATION	TEACHER	CLASS		FALL	WINTER	SPRING	SUMMER
	TEACHER	CLASS					
WE WILL PRO-RATE							
		classes already in session- email us					