



Annette 248-789-9885

**Text is best**

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| Sun                                                                                               | Mon                                                                                                                                         | Tue                                                                                                                             | Wed                                                                                                                                           | Thu                                                                                                                                 | Fri                                                                                                                                                                                 | Sat                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                   |                                                                                                                                             |                                                                                                                                 | 1 5:30AM TOTAL BODY<br>5PM HIITSTEP/TURN UP™<br>6PM ZUMBA® TONING<br>7PM MIXXEDFIT®/TURN UP™<br>7PM RECOVERY STRETCH                          | 2 9:30AM BANDS & BARRE<br>6PM THE BOOM (DRUMMING)<br>+ BOOTCAMP COMBO<br>7PM BARRE<br>7PM ZUMBA®/TURN UP™<br>MIXXEDFIT®/ W/LIGHTS!  | 3 9:30AM ZUMBA<br>5:30PM HUSTLE CLASS<br>7PM DANCE FITNESS                                                                                                                          | 4 9:30AM ZUMBA®<br>10:30AM TOTAL BODY<br>11:30AM YOGA<br>4PM HUSTLE                                                                                              |
| 5<br>12PM ZUMBA®<br>GOLD/TONING<br>1PM SOULFUL SUNDAYS<br>(TOTAL BODY WORKOUT)                    | 6 9:30AM ZUMBA®/TURN UP™ MIXXEDFIT®<br>6PM ZUMBA®<br>7PM TOTAL BODY TONE UP<br>8PM ZUMBA®W/LIGHTS!                                          | 7 9:30AM TOTAL BODY<br>6PM HIITSTEP<br>6PM BEGINNER BOOTCAMP<br>7PM ZUMBA®<br>8PM MIXXEDFIT®/TURN UP™                           | 8 5:30AM TOTAL BODY<br>5PM HIITSTEP/TURN UP™<br>6PM ZUMBA® TONING<br>6PM CARDIO KICKBOXING<br>7PM MIXXEDFIT®/TURN UP™<br>7PM RECOVERY STRETCH | 9 9:30AM BANDS & BARRE<br>6PM THE BOOM (DRUMMING)<br>+ BOOTCAMP COMBO<br>7PM BARRE<br>7PM ZUMBA®/TURN UP™<br>MIXXEDFIT®/ W/LIGHTS!  | 10 9:30AM ZUMBA®<br>5:30PM HUSTLE CLASS<br>7PM DANCE FITNESS                                                                                                                        | 11 9:30AM ZUMBA®<br>10:30AM TOTAL BODY<br>4PM HUSTLE<br>No Yoga today!                                                                                           |
| 12<br>11AM ADULT TAP<br>12PM ZUMBA®<br>GOLD/TONING<br>1PM SOULFUL SUNDAYS<br>(TOTAL BODY WORKOUT) | 13 9:30AM<br>ZUMBA®/TURN UP™<br>MIXXEDFIT®<br>6PM ZUMBA®<br>7PM TOTAL BODY TONE UP<br>7PM POP UP CHOREO<br>BREAKDOWN<br>8PM ZUMBA®W/LIGHTS! | 14 9:30AM TOTAL BODY<br>6PM HIITSTEP<br>6PM BEGINNER BOOTCAMP<br>7PM ZUMBA®<br>8PM MIXXEDFIT®/TURN UP™                          | 15 5:30AM TOTAL BODY<br>5pm HIITSTEP/ TURN UP™<br>6PM ZUMBA® TONING<br>7PM MIXXEDFIT®/TURN UP™<br>7PM RECOVERY STRETCH                        | 16 9:30AM BANDS & BARRE<br>6PM THE BOOM (DRUMMING)<br>+ BOOTCAMP COMBO<br>7PM BARRE<br>7PM ZUMBA®/TURN UP™<br>MIXXEDFIT®/ W/LIGHTS! | 17 9:30AM ZUMBA®<br><br>6PM HALLOWEEN KIDS<br>GLOW PARTY(WEAR A<br>COSTUME)<br>7PM DANCE FITNESS | 18<br>9:30AM ZUMBA®<br>10:30AM TOTAL BODY<br>11:30AM YOGA<br>4PM HUSTLE                                                                                          |
| 19<br>12PM ZUMBA®<br>GOLD/TONING<br>1PM SOULFUL SUNDAYS<br>(TOTAL BODY WORKOUT)<br><br>4PM HUSTLE | 20 9:30AM<br>ZUMBA®/TURN UP™<br>MIXXEDFIT®<br>6PM ZUMBA®<br>7PM TOTAL BODY TONE UP<br>7PM CARDIO KICKBOXING<br>8PM ZUMBA®W/LIGHTS!          | 21 9:30AM TOTAL BODY<br>6PM HIITSTEP<br>6PM BEGINNER BOOTCAMP<br>7PM ZUMBA®<br>8PM MIXXEDFIT®/TURN UP™                          | 22 5:30AM TOTAL BODY<br>5PM HIITSTEP/TURN UP™<br>6PM ZUMBA® TONING<br>7PM MIXXEDFIT®/TURN UP™<br>7PM RECOVERY STRETCH                         | 23 9:30AM BANDS & BARRE<br>6PM THE BOOM (DRUMMING)<br>+ BOOTCAMP COMBO<br>7PM BARRE<br>7PM ZUMBA®/TURN UP™<br>MIXXEDFIT®/ W/LIGHTS! | 24 9:30AM ZUMBA®<br>5:30PM HUSTLE CLASS<br>7PM DANCE FITNESS                                                                                                                        | 25<br>90 Minute Zumba +<br>Dance Fitness Halloween<br>Class 9:30am-11am<br> |
| 26<br>11AM ADULT TAP<br>12PM ZUMBA®<br>GOLD/TONING<br>1PM SOULFUL SUNDAYS<br>(TOTAL BODY WORKOUT) | 27 9:30AM<br>ZUMBA®/TURN UP™<br>MIXXEDFIT®/<br>6PM ZUMBA®<br>7PM TOTAL BODY TONE UP<br>8PM ZUMBA®W/LIGHTS!                                  | 28 9:30AM TOTAL BODY<br>6PM HALLOWEEN HIITSTEP<br>DANCE COMBO<br>6PM BEGINNER BOOTCAMP<br>7PM ZUMBA®<br>8PM MIXXEDFIT®/TURN UP™ | 29 5:30AM TOTAL BODY<br>5PM HIITSTEP/ TURN UP™<br>6PM ZUMBA® TONING<br>7PM MIXXEDFIT®/TURN UP™<br>7PM RECOVERY STRETCH                        | 30 9:30AM BANDS & BARRE<br>6PM THE BOOM (DRUMMING)<br>+ BOOTCAMP COMBO<br>7PM BARRE<br>7PM ZUMBA®/TURN UP™<br>MIXXEDFIT®/ W/LIGHTS! | 31<br>9:30AM ZUMBA®<br><br>5:30PM HUSTLE CLASS<br>7PM DANCE FITNESS                                                                                                                 |                                                                                                                                                                  |

**DROP-INS ALWAYS WELCOME FOR \$10 CLASS PASS PACKAGES: 10 PASSES FOR \$75, 20 - \$140 (PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE).**

**MONTHLY MEMBERSHIPS NOW AVAILABLE: 8 PASSES/MONTH \$50, 15/MONTH \$85, UNLIMITED/MONTH \$120. SIGN UP IN STUDIO.**

## CLASS DESCRIPTIONS:



**ZUMBA® CLASSES** – Feature exotic rhythms set to high-energy Latin and international beats. Incorporate dance and fitness moves to create a total body workout!



**ZUMBA® GOLD CLASSES** – Take the Zumba® formula and modify the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Great workout!



**ZUMBA® TONING CLASSES** – Combine targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.



**CIRCL MOBILITY® CLASSES** – Based on the science of functional movement, **CIRCL Mobility™** focuses on flexibility, breathwork, and mobility exercises.



**THE BOOM** – Approximately 45 minutes long – Cardio drumming boom show at its finest! Plan on hitting an exercise ball/bucket to the beat! We'll alternate between high and low intensity interval training songs choreographed to the beat! This class is great for ALL FITNESS LEVELS! Have trouble standing for an hour, grab a chair! This class is as intense as you make it and always a ton of fun!



**YOGA** – Our slow flow Yoga class will build your stamina and strength while focusing on slow steady breathing and postural alignment. Learn to honor your individual abilities and limits, go to your edge and find that sweet spot that is most beneficial and effective for you! In our *Yin Yoga* class you will receive all the benefits of yoga but will go at a slower pace, holding poses longer and focusing on opening up the hip area.



**BARRE ABOVE™/BARRE TABATA** - This is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. Barre Tabata is a series of timed barre exercises designed to give you a great workout!



**TOTAL BODY TONE UP** – Approximately 45 minutes to an hour – A high intensity interval training class using, weights, circuits and more! There will be something different to challenge your body each week! Modifications will be offered for any exercises to include participants of all fitness levels.



– A people inspired dance fitness program that is a perfect blend of explosive dancing & boot camp inspired toning.



- Turn Up workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance! You will be challenged, but you will embrace it, and as you step outside of your comfort zone with the turn up squad



- HIITSTEP is 30-minutes of high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories. The HIITSTEP workout contains voice over music tracks and pre-designed training sessions allowing instructors to deliver inspirational and motivational workouts. We also include a 30-minute traditional step portion to make the class about an hour long.

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