

GRACEFUL MOVES DANCE (248) 608-2828 *54728 Shelby Road* Shelby Twp. MI 48316



FALL 8 WEEK GROUP FITNESS

SEPTEMBER 6 - OCTOBER 29, 2016

NO MEMBERSHIP NECESSARY!

EQUIPMENT PROVIDED
CERTIFIED INSTRUCTORS
PRO-RATING AVAILABLE
MIX & MATCH CLASSES
RAISED SPRUNG FLOOR

For your safety and that of others:
you must wear clean gym shoes.
You must carry in your clean
shoes and change them inside the
building. **DO NOT** wear shoes that
have been worn outside.

ABSOLUTELY NO RETURNS,
REFUNDS or EXCHANGES.
All classes **MUST BE USED WITHIN**
THIS SESSION.

**UNUSED CLASSES
DO NOT TRANSFER**

If any class does not meet the
enrollment requirement it is
subject to cancellation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SATURDAY

9:15 - 10:15am BARRE FIT w/Linda	9:00-10:00am BASIC YOGA w/ Jaime	9:15-10:15am ZUMBA w/ Amber		8:20-9:20am FIT YOGA w/ Meaghan
6:40-7:40pm FIT YOGA w/ Jaime	6:45-7:30pm FAT BURNING BOXING CIRCUIT w/ Sheryl	7:00-8:00pm BARRE FIT w/ Linda	6:45-7:30pm FAT BURNING BOXING CIRCUIT w/ Sheryl	9:30-10:30am ZUMBA w/ Sheryl
7:45-8:45pm ZUMBA w/ Sheryl	7:30-8:30pm CHISEL SCULPT w/ Sheryl	8:00-9:00pm ZUMBA * w/ Sheryl	7:30-8:30pm CHISEL SCULPT w/ Sheryl	ALL CLASSES SUBJECT TO CHANGE & LIMITED SPACE AVAILABLE

ZUMBA: A Latin inspired dance utilizing the principles of fitness to maximize the burning of calories, fat, and total body toning. Mixing body sculpting movements with easy-to-follow dance steps that make a "FUN AND ADDICTIVE WAY OF WORKING OUT"! Zumba can help you shimmy off the pounds! * May include weights.

FAT BURNING BOXING CURCUIT: Get a "kick butt" workout pairing kickboxing with strength-training exercises in a circuit routine....You've done all the workout you need to for the day!!!!

FIT YOGA: A beginning form of Power Yoga. This class will focus on the fundamentals of sun salutation, breathing, relaxation, flexibility, and strength. As class progresses, the intensity will increase.

BASIC YOGA: A class for beginners. Designed for a student to form a foundaton of breathing, flexibility, strength, and meditation techniques. Yoga is used for both health and relaxation purposes by building self strength and posture.

CHISEL SCULPT: Work with a certified personal trainer to sculpt and define your total body. You will feel muscles you never knew you had! This intense work-out focuses on light weights and high reps using free weights and tubing. Increase strength and improve definiton while working on your muscle endurance.

BARRE FIT: This class is a mix of the regimen of ballet, pilates, strength and flexibility training using a ballet barre. The ballet barre is also used to sculpt the lower body and abs. This class will also focus on core work and stretching. This total body conditioning technique has been created for an intense workout to transform and sculpt your entire body.

**PRICES ARE BASED ON
THIS 8 WEEK SESSION**

PACKAGE #1
8 classes for \$65

PACKAGE #2
16 classes for \$90

PACKAGE #3
Unlimited \$115

45min WALK IN: \$8
60 min WALK IN: \$10