

# Health and Fitness

## ZUMBA/CROSSTRAINING

Certified Instructor-Maggie Barclay

### ZUMBA

Let's face it, working out can be healthy, rewarding, beneficial...working out can be lots of things, but to many it's never been known to be much fun...UNTIL NOW!

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system

designed to be FUN and EASY TO DO! Our goal is simple: We want people to want to work out, and to love working out! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got

### ZUMBA

<b>4194 W</b>	Mon	Basketball America	1/24-3/28
	9:30-10:30 am	9 Classes	\$54
<b>4195 W</b>	Tue	CERC Gym	1/18-3/29
	7:00-8:00 pm	10 Classes	\$60
<b>4196 W</b>	Wed	Basketball America	1/19-3/23
	9:30-10:30 am	10 Classes	\$60
<b>4194SP</b>	Mon	Basketball America	4/11-6/6
	9:30-10:30 am	8 Classes	\$48
<b>4195SP</b>	Tue	CERC Gym	4/12-6/7
	7:00-8:00 pm	9 Classes	\$54
<b>4196SP</b>	Wed	Basketball America	4/13-6/8
	9:30-10:30 am	9 Classes	\$54

**NOTE:** Babysitting is available for a small fee for classes held at Basketball America. Call Amy at 248-515-6793 for more information.

### ZUMBA AND ZUMBA TONING

If you thought ZUMBA was fun, then you have to try this! This fun combo class combines the traditional ZUMBA class with ZUMBA TONING! The first half of class will consist of the traditional ZUMBA routines, while the second half will incorporate the new and exciting ZUMBA TONING! Using 3 lb weights or less to safely sculpt and tone your body while incorporating simple Latin and International dance moves. You **HAVE** to try it and see just how much fun working out can be!

<b>4200 W</b>	Thur	Paint Creek Gym	1/20-3/24
	7:00-8:00 pm	10 Classes	\$60
<b>4200SP</b>	Thur	Paint Creek Gym	4/14-6/9
	7:00-8:00 pm	9 Classes	\$54
<b>4200SU</b>	Thur	CERC	6/23-8/20
	7:00-8:00 pm	9 Classes	\$54



### GENTLE MOVES YOGA

Take some time near the end of your week to stretch and strengthen those muscles that have worked hard all week. Join in this class as we learn to do simple yoga poses, balance, and meditative breathing. Learning to let go of the tension in our body along with the tension in our mind, while strengthening and stretching our bodies, is the goal of this class! Come learn to live with an attitude of gratitude, be thankful, and just breathe!

<b>4190 W</b>	Thur	Paint Creek Gym	1/20-3/24
	8:15-9:00 pm	10 Classes	\$60
<b>4190SP</b>	Thur	Paint Creek Gym	4/14-6/9
	8:15-9:00 pm	9 Classes	\$54
<b>4190SU</b>	Thur	CERC	6/23-8/20
	8:15-9:00 pm	9 Classes	\$54

### FLIRTY GIRL - BOOTY BEAT

Thought about taking a dance fitness class, but wasn't sure where to begin? Well look no further! You are about to experience Flirty Girl Fitness-Booty Beat. Which is a popular, easy-to-learn dance routine providing the perfect combination of cardio and strength training, while getting a cardio crazy, core chiseling, booty toning and arm sculpting workout class.

<b>4150 W</b>	Mon	Webber Gym	1/24-3/28
	7:30-8:30 pm	9 Classes	\$54
<b>4150SP</b>	Mon	Webber Gym	4/11-6/6
	7:30-8:30 pm	8 Classes	\$48

### CROSSTRAINING - BEST DEAL!

Crosstraining for any of Maggie Barclay's classes. Attend as many classes as you would like per week.

<b>4205 W</b>	Mon/Tue/Thur	Various Locations	1/18-3/29
	Various Times		\$95
<b>4205SP</b>	Mon/Tue/Thur	Various Locations	4/11-6/7
	Various Times		\$85
<b>4205SU</b>	Thur	CERC	6/23-8/20
	Various Times		\$85

### MUSCLE MADNESS

Join in the madness by using FUN (yes, FUN!) and creative resistance training to tone and strengthen all the major muscle groups, making your body stronger and more efficient at burning calories! Using a variety of programming and equipment, this class will include a warm up, strength training of all the major muscle groups, and a relaxing stretch at the end. This class is for ALL LEVELS of fitness!

Modifications will be given when needed.

<b>4185 W</b>	Tue	CERC Gym	1/18-3/29
	8:15-9:00 pm	10 Classes	\$60
<b>4185SP</b>	Tue	CERC Gym	4/12-6/7
	8:15-9:00 pm	9 Classes	\$54

