



HEALTH & FITNESS

FITNESS MOTIVATORS

Fitness Motivators classes offer our community an array of beginning, intermediate and advanced levels of fitness, affordable for any budget! Whether you are perfecting your technique in one of their basic classes, or trying your hand at something new, you will find the perfect class that will recharge your fitness routine. The FM Team is made up of highly trained and qualified professionals who are certified through Aerobics and Fitness Association of America (AFAA) as Group Fitness Instructors.

 (248) 987-6930

 Jon Grant Community Center & Costick Center Farmington Hills, MI 48336

 fitnessmotivators.com

Cardio Boxing

A total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Great music and never the same boring routine! Hand weights are used for maximum toning results. Last 15-minutes are reserved for abdominal or develop punching and defensive techniques through drills with the use of focus mitts. Geared for ALL fitness level. PLEASE NOTE: Equipment (provided by student) Hand Weights, Mat. Also bring hand wraps, if using the focus mitts.

Location: Costick Center
Instructor: Laura Daniel

Age	Day	Time	Date	R/NR Fee	Code #
12+	Th	6:30-7:30P	5/4-6/15	\$47/\$52	315703-01
12+	Th	6:30-7:30P	6/29-8/17*	\$47/\$52	315703-02

*NO CLASS 8/3

“The best project you'll ever work on is YOU.”

Most instructors are certified Personal Trainers or have specialty training in Yoga, Pilates, Z-Box, Zumba and more. This team of Instructors are friendly, fun and non-judgmental. Their motto for over 28 years of offering classes is for their students to *focus on being fit and feel extraordinary and glow with good health.*

Drop-In

Once the minimum has been met, Drop-Ins are available for the Fitness Motivators classes offered at the Jon Grant Community Center AND the Costick Center - \$10.00 per class. Please register early to avoid cancellation.

REGISTER ONLINE @ <https://recreg.fhgov.com>

Z Box Fitness

The quickest way to get fit, lose fat, and be supercharged for optimal fitness! A fusion of cardio boxing and exciting dancing to upbeat music tracks. Next is an added segment of muscle toning with the use of hand weights and the abdominal mat workout. The final touch is the popular Z.E.N portion - a fusion of both mind and body workout. For ALL Fitness Levels! PLEASE NOTE: Equipment (provided by student) Mat, Hand Weights. Aromatherapy will be used in this class.

Location: Grant Community Cent

Instructor: Lim Twins

Age	Day	Time	Date	R/NR Fee	Code #
12+	M	6:30-7:30P	5/1-6/12*	\$40/\$45	315714-01
12+	M	6:30-7:30P	6/26-8/7*	\$40/\$45	315714-02

***NO CLASS 5/29,7/3**

Zumba at the Grant

Our Zumba classes takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. We use upbeat music and fun easy choreography that makes working out tons of fun. Appropriate for all ages and fitness levels. Bonus: The last 15-minutes are reserved for our safe and effective strength training segment, to get you toned fast! PLEASE NOTE: Equipment (provided by student): Hand Weights.

Location: Grant Community Cent

Instructor: Lim Twins

Age	Day	Time	Date	R/NR Fee	Code #
12+	W	6:30-7:30P	5/3-6/14	\$47/\$52	315715-01
12+	W	6:30-7:30P	6/28-8/9	\$40/\$45	315715-02

All Level Bootcamp

We deliver serious results. Our goal is to offer encouragement, so we promise to motivate and never intimidate you or yell in your face. Our All Level Boot Camp is designed for fast and serious weight loss and suitable for all fitness levels. This class offers a realistic program of exercise aimed at achieving individual physical fitness goals, cardiovascular endurance, muscle strength, and excess body fat loss. PLEASE NOTE: Equipment (provided by student) Heavy and Light Hand Weights, Mat, Jump Rope.

Location: Costick Center

Instructor: Laura Daniel

Age	Day	Time	Date	R/NR Fee	Code #
12+	Tu	6:30-7:30P	5/2-6/13	\$47/\$52	315716-01
12+	Tu	6:30-7:30P	6/27-8/15*	\$40/\$45	315716-02

***NO CLASS 7/4,8/1**

You got this!

Morning Zumba

Get the weekend started with our popular morning Zumba! Zumba Fitness is a Latin-inspired dance class workout based on the principle that a workout should be “Fun and Easy to Do”. On top of being tons of fun, Zumba torches calories. Zumba combines rhythms such as salsa, merengue, Cumbia, reggaeton, and of course hip hop. Anyone and everyone can do Zumba, it takes the work out of work out! Appropriate for all ages and fitness levels. Bonus: The last 15-minutes are reserved for our safe and effective strength training segment, to get you toned fast! PLEASE NOTE: Equipment (provided by student): Hand Weights.

Location: Grant Community Cent

Instructor: Sonia Anderson

Age	Day	Time	Date	R/NR Fee	Code #
12+	Sa	9:30-10:30A	5/6-6/17*	\$40/\$45	315730-01
12+	Sa	9:30-10:30A	7/8-8/12	\$40/\$45	315730-02

***NO CLASS 5/27**



Z.E.N. Mat Fusion

A popular class nationwide! Z.E.N. is a conscious effort to train the mind to be fully present by controlling the breath, mind, and body in one balanced moment. Z.E.N. for the body, soul, and mind. A hardcore workout without straining your joints or jumping. You will burn fat and get results while defining and elongating your muscles! Truly a fun, original workout that will make you sweat while doing low-impact, high-intensity strength training, with a series of continuous, targeted moves (Something like yoga, Pilates, Tai Chi and Body Toning type of exercises). All fitness levels welcome. Equipment: Geared for ALL fitness level. PLEASE NOTE: Equipment (provided by student) Very Light Hand Weights, Sticky Mat. Aromatherapy will be used in this class.

Location: Grant Community Cent

Instructor: Donna Lim

Age	Day	Time	Date	R/NR Fee	Code #
12+	Th	5:30-6:15P	5/2-6/15	\$47/\$52	315733-01
12+	Th	5:30-6:15P	6/29-8/10*	\$40/\$45	315733-02

***NO CLASS 7/6**