



FREE-4-ALL WEEK | October 23-28, 2017

FITNESS MOTIVATORS STUDENTS & THEIR GUESTS, The Public is Welcome to Workout with us too!

HOW DOES IT WORK?

- **EVERYONE** is welcome to participate in this special FREE4ALL week.
- Each instructor will organize something special for all who attends their class(es) - e.g., snacks and/or raffles.
- If you visit other classes and/or bring guests to your class or other classes, you will be entered in the big drawing.
- This event gives you the opportunity to meet the Fitness Motivators Team and to see what we have to offer!

**CHANCE TO WIN
UNLIMITED CLASSES!
★ WIN ★
Entire Winter Session I**

YOUR CHANCE TO ENTER THE GRAND PRIZE DRAWING MULTIPLE TIMES -

- **The Grand Prize Raffle** - Get a raffle ticket for each class that you are registered in. (Must be present at each class that you are registered in to participate.)
- **The Grand Prize Raffle** - Get a raffle ticket in each class that you visit *and another raffle ticket (for you) for each friend* that you bring.* *Write the name of your guest(s) on the back of each ticket.
- **Instructors Raffle** - Get a raffle ticket in each class that you visit and your friend will be able to participate in the Instructor's raffle too! (There will be a special "Students Only raffle" in each participating class too!)

*The classes below
are participating in
the FREE4ALL week*

Monday	6:30-7:30 PM	Jon Grant / FS#3	Farmington	Z-Box**	Lim Twins
Monday	6:30-7:30 PM	Parkview/Gym	Novi	Interval Training**	Laura
Monday	7:00-7:45 PM	Novi Woods/Gym	Novi	Zumba	Kathy
Tuesday	6:30-7:15 PM	Seaholm/Cafeteria	Birmingham	Tone Zone**	Sonia
Tuesday	6:30-7:30 PM	Costick/Gym	Farmington Hills	All Level Bootcamp**	Laura
Wednesday	6:30-7:30 PM	Jon Grant / FS#3	Farmington	Zumba	Lim Twins
Thursday	5:30-6:15 PM	Jon Grant / FS#3	Farmington	YOGA ZEN Fusion***	Donna
Thursday	6:30-7:30 PM	Costick/Gym	Farmington Hills	Bootcamp/Cardio MIX**	Laura
Thursday	6:30-7:30 PM	Orchard Hills/Cafeteria	Novi	Zumba	Sonia
Thursday	6:30-7:15 PM	Bingham Farms/Multi-Rm.	Birmingham	Dance Fitness	Kathy
Saturday	9:30-10:30 AM	Jon Grant/FS#3	Farmington	Zumba w/Strength*	Sonia
Saturday	9:30-10:30 AM	Parkview/Gym	Novi	All Level Bootcamp**	Laura

For the location and details of the classes above, please visit <http://debbielim.com/Schedule.html>

*Bring Hand Weights **Bring Hand Weights/Mat ***Bring Light Hand Weights/Mat

www.FitnessMotivators.com

If the classroom gets too full, it is first come, first serve, however, registered students have the rights to attend their class no matter how full the class may get. Make sure to show up early to claim your spot. To enter the class, you must workout ☺ Have fun!