



2017 September- December FITNESS CLASSES SCHEDULE Please register early to avoid cancellation.

<p>Z-BOX DROP-IN! \$10.00!</p> <p>Monday 6:30-7:30 PM Jon Grant/Fire Station #3 29260 Grand River, 48336</p> <p>Session I #115721-01 SEPT 11 - OCT 23 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115721-02 NOV 6 - DEC 11 No Omit Dates 7-classes \$48R/\$53NR Bring Hand Weights & Mat</p>	<p>ALL LEVEL BOOT CAMP DROP-IN! \$10.00!</p> <p>Tuesday 6:30-7:30 PM Costick Center/ Gym 28600 Eleven Mile, 48336</p> <p>Session I #115707-01 SEPT 12 - OCT 24 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115707-02 NOV 7 - DEC 19 No Omit Dates 7-classes \$48R/\$53NR Bring Hand Weights & Mat</p>	<p>ZUMBA DROP-IN! \$10.00!</p> <p>Wednesday 6:30-7:30 PM Jon Grant/Fire Station #3 29260 Grand River, 48336</p> <p>Session I #115717-01 SEPT 13 - OCT 25 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115717-02 NOV 8 - DEC 20 No Omit Dates 7-classes \$48R/\$53NR Bring Hand Weights</p>	<p>NEW! ZEN MAT FUSION DROP-IN! \$10.00!</p> <p>Thursday 5:30-6:15 PM Jon Grant/Fire Station #3 29260 Grand River, 48336</p> <p>Session I #115718-01 SEPT 14 - OCT 26 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115718-02 NOV 9 - DEC 21 No Class: 11/23 6-classes \$41R/\$46NR Bring Yoga Mat</p>
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<p>NEW BOOTCAMP MIX CARDIO BOX DROP-IN! \$10.00!</p> <p>Thursday 6:30-7:30 PM Costick Center/ Gym 28600 Eleven Mile, 48336</p> <p>Session I #115728-01 SEPT 14 - OCT 26 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115728-02 NOV 9 - DEC 21 No Class: 11/23 6-classes \$41R/\$46NR Bring Hand Weights & Mat</p>	<p>ZUMBA DROP-IN! \$10.00!</p> <p>Saturday 9:30-10:30 AM Jon Grant/Fire Station #3 29260 Grand River, 48336</p> <p>Session I #115730-01 SEPT 16 - OCT 28 No Omit Dates 7-classes \$48R/\$53NR</p> <p>Session II #115730-02 NOV 11 - DEC 23 No Class: 11/25 6-classes \$41R/\$46NR Bring Hand Weights</p>	<p>Drop-Ins - Please check the website before heading out, to make sure your class is still available. Drop-ins are now available at both locations - the Costick Center and the Grant Community Center, once the minimum has been met.</p> <p>Please visit www.FitnessMotivators.com for the details of each class and what you should bring to class. We also can be found in the <i>Farmington Hills Special Services Activities Brochure</i> or call 248.473.1800. You may also call Fitness Motivators directly at 248.987.6930 or email Debbie (Team Contact) at lim761@gmail.com</p>
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CLASS REGISTRATION FORM

Resident (R) Non-Resident (NR)

Last Name: _____ First Name: _____ E-mail: _____

Address: _____ City: _____ Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____ Emergency Phone: (____) _____

Please write your name at the session that you are registering for below:	Class #	Activity Name	Class Fee	TOTAL DUE:

Visa Master Card Expiration Date: Mo _____ Year _____ Card Number: _____

AUTHORIZATION Code (CVC/CVV Code on your credit card): _____

Authorized Signature : _____

By accepting my registration in the above programs, I hereby understand that I release my rights or claims for damages that I may have against the City of Farmington Hills and Fitness Motivators Instructors through which this program is conducted or its Fitness Motivators Instructors or City staff. I will also adhere to the refund policy. For more information, call 248-473-1800 Monday through Friday, from 8:30 am to 4:30 pm. FAX: 248-473-1801

Date: _____ Participants Signature: _____ (Guardian signature for minors)

Make checks payable to: Farmington Hills Special Services

Farmington Hills Special Services | 28600 Eleven Mile Road, Farmington Hills, MI 48336.

CHECK OR MONEY ORDER MUST EQUAL EXACT AMOUNT OF THIS REGISTRATION.