



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

These 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 almost 30 years of offering classes is for their students to *focus on being fit and feel extraordinary and glow with good health.*

Drop-In Classes

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>

ZBox 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. Get fierce with Donna's boxing technique and up your dance steps with Debbie's funky moves! 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 Center
Instructor: Lim Twins

Age	Day	Time	Date	R/N/R Fee	Code #
18+	M	6:30-7:30P	9/11-10/23	\$48/\$53	115721-01
18+	M	6:30-7:30P	11/6-12/11	\$48/\$53	115721-02

FREE ALL WEEK OCTOBER 23 - 28!

Visit any of the Fitness Motivators classes for FREE the entire week! Win prizes and enter the grand raffle.

All Level Boot Camp

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 #
18+	Tu	6:30-7:30P	9/12-10/24	\$48/\$53	115707-01
18+	Tu	6:30-7:30P	11/7-12/19	\$48/\$53	115707-02



Zumba with the Lim Twins

We have offered the best Zumba classes here since 2008! Our Zumba classes uses 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 Center

Instructor: Lim Twins

Age	Day	Time	Date	R/NR Fee	Code #
18+	W	6:30-7:30P	9/13-10/25	\$48/\$53	115717-01
18+	W	6:30-7:30P	11/8-12/20	\$48/\$53	115717-02

Yoga with Zen Mat Fusion

A unique class designed to build strength and gain flexibility. It is a fusion of Tai Chi, Pilates and Yoga and the moves fit perfectly together to form a class that is fun and challenging. Emphasis on dynamic precision and alignment, aided when necessary by various props (some provided by Instructor) to maximize opening and awareness. Stability and concentration are developed while the physical body is revitalized. Practical requests: bare feet, empty stomach and loose clothing. Equipment (provided by student): Yoga Mat and light hand weights. Aromatherapy will be used in this class.

Location: Grant Community Center

Instructor: Donna Lim

Age	Day	Time	Date	R/NR Fee	Code #
18+	Th	5:30-6:15P	9/14-10/26	\$48/\$53	115718-01
18+	Th	5:30-6:15P	11/9-12/21*	\$41/\$46	115718-02

***NO CLASS 11/23**

**The more you sweat,
the more you get!**

Boot Camp and Cardio Box Mix

This class will drive your body into serious shape! One week you will jab your body into shape and the next week your body will go through drills, the next class you will experience Boot Camp which consists of alternating repetition segments of weightlifting and cardio conditioning, then the next class, a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Hand weights are used in both classes 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 levels. PLEASE NOTE: Equipment (provided by student) Heavy and Light 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 #
18+	Th	6:30-7:30P	9/14-10/26	\$48/\$53	115728-01
18+	Th	6:30-7:30P	11/9-12/21*	\$41/\$46	115728-02

***NO CLASS 11/23**

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 #
18+	Sa	9:30-10:30A	9/16-10/28	\$48/\$53	115730-01
18+	Sa	9:30-10:30A	11/11-12/23*	\$41/\$46	115730-02

***NO CLASS 11/25**