



# 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

**T**hese 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>

### Cardio Boxing MIX

We mixed it up a little. A total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. One week you will have cardio boxing and the next week, Bootcamp- type drills. Great music and never the same boring routine! Hand weights are used for maximum toning results. Last 15-minutes are reserved for abdominal and body toning on the mat. 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**

Day	Time	Date	R/NR Fee	Code #
Th	6:30-7:30P	1/11-2/22	\$48/\$53	215710-01
Th	6:30-7:30P	3/8-4/19	\$48/\$53	215710-02

**\*NO CLASS 3/22**

“ THE BEST PROJECT YOU’LL EVER WORK ON IS YOU. ”

## Rock On! Drumming Class

New

Rock On in this full body workout with the FM Team! Beating the drumsticks on the fitness ball, while listening to high-energy music, is the perfect class for your core. For all fitness levels! Your body will get toned, build muscles and burn calories FAST! PLEASE NOTE: Equipment (provided by student) Bring an inflated 75cm Fitness Ball to class or purchase one from your Instructor. If you purchase one from the Instructor, please bring \$20.00 cash to the first day of class. Once you sign up for this class, please call your Instructor so that she will inflate your ball and have it ready for class. 248.987.6930 Your Instructor will provide the drumsticks and ball-base for your use in class. Register early for your spot, because space is limited to 16.

**Location: Grant Community Center**  
**Instructor: Lim Twins**

Day	Time	Date	R/NR Fee	Code #
W	5:30-6:00P	1/10-2/21	\$46/\$51	215722-01
W	5:30-6:00P	3/7-4/18	\$46/\$51	215722-02

## 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 Center**  
**Instructor: Lim Twins**

Day	Time	Date	R/NR Fee	Code #
M	6:30-7:30P	1/8-2/19	\$48/\$53	215725-01
M	6:30-7:30P	3/5-4/16	\$48/\$53	215725-02

## Zumba Fitness

See for yourself, why we've offered the best Zumba classes here for over 10 years! 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 Center**  
**Instructor: Lim Twins**

Day	Time	Date	R/NR Fee	Code #
W	6:30-7:30P	1/10-2/21	\$48/\$53	215726-01
W	6:30-7:30P	3/7-4/18	\$48/\$53	215726-02

## 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**

Day	Time	Date	R/NR Fee	Code #
Tu	6:30-7:30P	1/9-2/20	\$48/\$53	215727-01
Tu	6:30-7:30P	3/6-4/17	\$48/\$53	215727-02

## Z.E.N. Mat Fusion

The co-creator of Z-Box Fitness® offers you Z.E.N. Mat Fusion. 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. is for the body, soul, and mind. A core 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 (Think of Yoga, Pilates, Tai Chi and Body Toning blended into one format). All fitness levels welcome. PLEASE NOTE: Equipment (provided by student) Light Hand Weights (1-3 lbs.), Sticky Mat. Aromatherapy will be used in this class.

**Location: Grant Community Center**  
**Instructor: Donna Lim**

Day	Time	Date	R/NR Fee	Code #
Th	5:30-6:15P	1/11-2/22	\$48/\$53	215728-01
Th	5:30-6:15P	3/8-4/19	\$48/\$53	215728-02

## Morning Zumba

Get the weekend started with our popular morning class 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 Center**  
**Instructor: Sonia Anderson**

Day	Time	Date	R/NR Fee	Code #
Sa	9:30-10:30A	1/13-2/24	\$48/\$53	215731-01
Sa	9:30-10:30A	3/10-4/21	\$42/\$47	215731-02

\*NO CLASS 3/31

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