

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. Most of their instructors are also certified Personal Trainers or have special 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, feel extraordinary and glow with good health.* For details on Fitness Motivators and their team, please visit www.fitnessmotivators.com or call 248.987.6930



NOW AVAILABLE FOR ALL OF THE FITNESS MOTIVATORS CLASSES once the minimum has been met! **DROP-IN** on any classes at the Jon Grant Community Center AND the Costick Center offered by Fitness Motivators! \$10.00 per class. Please register early to avoid cancellation.

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. Please register early to avoid cancellation. Both sessions are 7-weeks.

Ages: 12+ **Instructor:** The Lim Twins **Site:** Jon Grant Community Center
Day(s) **Date(s)** **Time** **Class #**
 Mon Sep 12-Oct 24 6:30-7:30 pm 115721-01
Fee: \$52 **Resident Discount:** \$47

Mon Nov 7-Dec 12 6:30-7:30 pm 115721-02
Fee: \$45 **Resident Discount:** \$40

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 levels. **PLEASE NOTE:** Equipment (provided by student): hand weights, and mat. Also bring hand wraps if using the focus mitts.

Ages: 12+ **Instructor:** Laura Daniel **Site:** Costick/Gym
Day(s) **Date(s)** **Time** **Class #**
 Thu Sep 15 – Oct 27 6:30-7:30 pm 115707-01
Fee: \$52 **Resident Discount:** \$47

Thu Nov 10– Dec 15 6:30-7:30 pm 115707-02
Fee: \$39 **Resident Discount:** \$34
No Class: 11/24

ALL LEVEL BOOTCAMP

We deliver serious results. We want to keep you guessing and challenge you differently every class! 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 the student) Heavy and Light Hand Weights, Mat, Jump Rope.

Ages: 12+ **Instructor:** Laura Daniel **Site:** Costick Gym
Day(s) **Date(s)** **Time** **Class #**
 Tue Sept 13 – Oct 25 6:30-7:30 pm 115728-01
Fee: \$52 **Resident Discount:** \$47

Tue Nov 8 – Dec 13 6:30-7:30 pm 115728-02
Fee: \$45 **Resident Discount:** \$40

ZUMBA® WITH BONUS!

We've offered the best Zumba classes here since 2008! Our Zumba classes 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! Laugh and smile your way to a healthier you! **PLEASE NOTE:** Equipment (provided by student): Hand Weights.

Ages: 12+ **Instructor:** The Lim Twins **Site:** Jon Grant Community Center
Day(s) **Date(s)** **Time** **Class #**
 Wed Sep 14 – Oct 26 6:30-7:30 pm 115717-01
Fee: \$52 **Resident Discount:** \$47

Wed Nov 9 – Dec 14 6:30-7:30 pm 115717-02
Fee: \$45 **Resident Discount:** \$40

Ages: 12+ **Instructor:** Sonia Anderson **Site:** Jon Grant Community Center
Day(s) **Date(s)** **Time** **Class #**
 Sat Sep 17 – Oct 29 9:30-10:30 am 115730-01
Fee: \$52 **Resident Discount:** \$47

Day(s) **Date(s)** **Time** **Class #**
 Sat Nov 12 – Dec 10 9:30-10:30 am 115730-02
Fee: \$39 **Resident Discount:** \$34
No Class: 11/26