

# GRACEFUL MOVES DANCE

54728 Shelby Rd. Shelby Twp. MI 48316  
248-608-2828/gracefulmovesdance.com

# WINTER FITNESS

8 WEEK SESSION

## WED. JANUARY 4 - MARCH 3, 2012

Package pro-rating will begin on January 16, 2012

Those who join/ pay through Shelby Parks & Rec or the UCS Program: your session begins on January 9, 2012.

Equipment Provided

Certified Instructors

Pro-Rating Available

Mix & Match Classes

Limited class space available

NO MEMBERSHIP NECESSARY

Package Prices based on this 8 week session

**PACKAGE #1**

8 Classes for **\$65**

**PACKAGE #2**

16 Classes for **\$85**

**PACKAGE #3**

Unlimited Classes **\$110**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
10:00-11:00am Intervals w/Alyce	9:00-10:00am Basic Yoga w/Liz	9:15-10:15am ZUMBA w/Sheryl	10:00-11:00am Intervals w/Alyce	8:45-9:45am Fit Yoga w/Meaghan
6:40-7:40pm Fit Yoga w/Meaghan	6:45-7:15pm CardioXpress w/Sheryl	6:40-7:40pm Pilates w/Eva	6:45-7:15pm CardioXpress w/Sheryl	9:45-10:45am ZUMBA w/Sheryl
7:45-8:45pm ZUMBA w/Sheryl	7:30-8:30pm Chisel Sculpt w/Sheryl	7:45-8:45pm Zumba-Fit w/Sheryl	7:30-8:30pm Chisel Sculpt w/Sheryl	60 min. walk-in=\$10 30 min. walk-in=\$5 CLASSES SUBJECT TO CHANGE & LIMITED SPACE AVAILABLE

**FIT YOGA:** A beginning form of power Yoga. This class will focus on fundamentals of sun salutation, breathing, relaxation, flexibility, & strength. As class progresses, the intensity will increase.

**INTERVALS:** This class will alternate a variety of cardio work with muscle conditioning. CARDIO intervals may include hi/lo impact &/or step. Muscle conditioning will include use of hand weights, body bars, &/or resistance tubing. Class will conclude with core work designed to improve strength, stability, & flexibility.

**CARDIO XPRESS:** Running out of time for exercise? No excuses. This is a 30 minute mix of cardio, floor, step, & or box aerobics. This class will keep your heart pumping the whole time through! An hour work out in half the time!

**PILATES:** "Using the mind to control muscles." Pilates is a class that focuses on the core muscles & provides balance & strength to the spine. This class will structure your breathing & alignment & strength of your back by strengthening your torso muscles, helping to alleviate back pain. This class is a great core strength builder & tummy toner.

**BASIC YOGA:** A class for beginners. Designed for a student to form a foundation of breathing, flexibility, strength, and meditation techniques. Yoga is used for both health & relaxation purposes by building self strength & posture.

**CHISEL SCULPT:** Work with a certified personal trainer to sculpt & define your total body. You will feel muscles you never knew you had! This intense workout focuses on light weights & high reps using weights & tubing. Increase strength & improve your definition while working on your muscular endurance.

**ZUMBA:** A Latin inspired dance utilizing the principles of fitness interval training to maximize the burning of calories, fat, and total body toning. Mixing body sculpting movements with easy-to-follow dance steps that make a "FUN AND ADDICTIVE WAY OF WORKING OUT!" "Zumba can help you SHIMMY off the pounds!"

→ ZUMBA FIT INCORPORATES WEIGHTS INTO YOUR ZUMBA WORKOUT TO INCREASE MUSCLE DEFINITION!

FOR YOUR SAFETY AND THAT OF OTHERS: YOU MUST WEAR CLEAN GYM SHOES- YOU MUST CARRY YOUR CLEAN SHOES IN & CHANGE THEM INSIDE THE BUILDING- DO NOT WEAR THEM OUTSIDE

IF ANY CLASS DOES NOT MEET THE ENROLLMENT REQUIREMENT IT IS SUBJECT TO CANCELLATION

ABSOLUTELY NO RETURNS, REFUNDS or EXCHANGES

ALL CLASSES MUST BE USED WITHIN THIS SESSION- UNUSED CLASSES DO NOT TRANSFER