

PLEASE NOTE:

Classes canceled in
Romeo & Washington
July 4th.

Classes canceled in
Romeo Aug 7th -
Spin will run.

FITNESS & HEALTH Summer session II June 25 - August 25, 2018 Wks: 9

ENROLLMENT CATEGORIES

	Fitness Classes Only		Spinning & Fitness or Spinning Only	
Session Unlimited	6202	\$105	6203	\$120
5 x per week	6204	\$95	6205	\$110
4 x per week	6206	\$90	6207	\$105
3 x per week	6208	\$85	6209	\$100
2 x per week	6210	\$75	6211	\$90
1 x per week	6212	\$65	6213	\$80
Drop In		\$8		\$10

To register, call 752-6543 or stop in at either location; Romeo or Wash. Non residents add \$6 to enrollment category.

10% discount for seniors (60+ yrs.)

Register by June 20th to receive \$5 off. Offers cannot be combined.

Athletic Stretching: Yoga moves combined with strength and toning.

Course	Day & Time	Instructor	Location
6238	Tue 8:30 am	Sheila	Wash. Aerobic
6285	Sat 9:30 am	Sheila	Wash. Aerobic

Barre: (60 min.) Sculpt and tone using the barre. Incorporates both abdominal / cardio work. Hand weights used to sculpt the upper body.

Course	Day & Time	Instructor	Location
6231	Mon 9:30 am	Jami	Wash. Activity
6297	Tue 9:00 am	Jami	Romeo Studio
6258	Wed 9:00 am	Mary	Wash. Activity

Barrelates: (60 min) Low impact strength, knee friendly cardio, and strong pilates based core movements.

Course	Day & Time	Instructor	Location
6288	Mon 5:15 pm	Kelly	Wash. Activity

Butt & Gut: (45 min.) Tone and tighten those trouble spots!

Course	Day & Time	Instructor	Location
6294	Tue 7:00 pm	Kelly	Wash. Aerobic
6260	Wed 9:30 am	Courtney	Romeo Studio
6282	Fri 9:45 am	Sheila	Wash Aerobic

Cardio Blast: (45 min.) 1/2 hour non-stop cardio ending with 15 min. weights, abs, and stretching. *Mon & Fri morning class low impact.

Course	Day & Time	Instructor	Location
6227	Mon 9:00 am*	Brenda	Romeo Studio
6279	Fri 8:30 am*	Brenda	Romeo Main

Fat Burn: (45 min.) Combines resistance training & Cardio blasts.

Course	Day & Time	Instructor	Location
6237	Tue 8:30 am*	Kelly	Romeo Main

H.I.T.T or L.I.I.T: (60 min.) High or low impact interval training. You choose your level.

Course	Day & Time	Instructor	Location
6293	Mon 8:15 am	Kelly	Wash Activity

Spin & TRX pricing is different than the Fitness Class pricing. Please see back page for details.



Thank you for participating with our programs!

586-752-6543

Interval Combo: (45 min.) Includes cardio and sculpting using various pieces of equipment to define and strengthen muscles. Fri class 1 hour.

Course	Day & Time	Instructor	Location
6236	Tues 9:15 am	Brenda	Romeo Main
6269	Thur 9:15 am	Brenda	Romeo Main
6277	Fri 8:30am	Marchelle	South Building

Muscle Madness: (55 min) Strength training using various resistance equipment. Every workout is different & at your own level of fitness.

Course	Day & Time	Instructor	Location
6290	Tue 9:45 am	Kelly	Wash. Aerobic
6289	Thur 9:30 am	Kelly	Wash. Aerobic

Muscle/Stretch Madness: (55 min) 30 min muscle strength training using various equipment / 30 min athletic stretching yoga moves.

Course	Day & Time	Instructor	Location
6270	Thur 8:30 am	Sheila	Wash. Aerobic

Pilates: (55 min.) Total body workout using small equipment to lift your glutes, tone your thighs, sculpt your arms, and strengthen your core.

Course	Day & Time	Instructor	Location
6233	Mon 10:30 am	Jami	Wash. Activity
6273	Thur 5:00 pm	Mary	Wash. Aerobic
6280	Fri 9:30 am	Mary	Romeo Main

Step & Sculpt: (55 min.) Step hard for 40 min. & then dismount for 20 min. of strength training and stretching. Indicated by *

Circuit Step: (55 min.) 3-5 min. alternating intervals of step & weight training. Class concludes with 15-20 min core strengthening. Indicated by **

Course	Day & Time	Instructor	Location
6228*	Mon 9:30 am	Sandra	Wash. Aerobic
6259*	Wed 9:30 am	Sandra	Wash. Aerobic
6278*	Fri 8:30 am	Anne	Wash. Activity

Tabata Training: (45 min.) High intensity interval training. 20 seconds of intense workout followed by 10 seconds of rest, repeated for 8 cycles.

Course	Day & Time	Instructor	Location
6261	Wed 9:45 am	Kim	Romeo Main
Starts Aug 4th 6295	Sat 8:00am	Kelly	Wash. Aerobic

Ultimate Circuit: (45 min.) Move throughout challenging stations alternating high and low intensity utilizing various pieces of equipment. Monday class is 55 min. Washington class has a 20-person max.

Course	Day & Time	Instructor	Location
6226	Mon 8:30 am	Mary	South Building
6268	Thur 8:15 am	Courtney	Romeo Main

Basic YOGA: (55 min.) Teaches breathing techniques, standing & balance poses, seated stretches & introductory backbends. Bring yoga mat.

Course	Day & Time	Instructor	Location
6240	Tues 11:30 am	Denise	Romeo Studio
Canceled until new instructor			Wed 5:30 pm
6272	Thur 11:30 am	Denise	Romeo Studio

Zumba Basic: Perfect for beginners. Taking things slower, it teaches the fundamentals of a Zumba dance workout. 20-person max.

Course	Day & Time	Instructor	Location
6274	Thur 5:15 pm	Sheryl	Wash. Activity

Zumba: Fun dance moves create a dynamic workout. Classes last 55 min.

Course	Day & Time	Instructor	Location
6229	Mon 9:00 am	Kim	Romeo Main
6291	Mon 7:00 pm	Melissa	South Building
6252	Tues 5:15 pm	Sheryl	Romeo Main

Zumba 30/30: 30 mins warm up & heart pumping Zumba. Then 30 mins of resistance training using a variety of equipment.

Course	Day & Time	Instructor	Location
6256	Wed 8:30 am	Kim	Romeo Main

**PLEASE REGISTER EARLY
SO CLASSES DON'T GET CANCELED!**

spinning / indoor cycling

ENROLLMENT CATEGORIES

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Essentrics

A dynamic stretching and strengthening program by *Miranda Esmonde-White* that increases full body flexibility, helps relieve pain, unlocks tight muscles/joints, strengthens the spine & core to improve posture, and helps treat and prevent back pain. Also is an age-defying workout that creates a youthful feeling body, improves agility/speed for sports and supports injury prevention. Each class will work all 600+ muscles making it a great complimentary or stand alone workout for all ages and abilities! Try your first class free.

June 25 - Aug 25, 2018 Wks: 6

No class 7/28, 8/18 and 8/25

(6726) Sat, 9:00 am \$48 NR \$54

Washington Center, lower level, Activities room

Drop in \$12 each class.

L.I.F.T. Lower Intensity Fitness Training

Check out our list of classes for lower intensity fitness classes; chair yoga, fully-figured yoga, line dancing, arthritis exercise, pickleball, sculpt/flex/stretch, Tai Chi, & Wii Fun.

Dates, prices & info on L.I.F.T. flyer or call 752-6543 x 1415

Additional Info

Childcare: Available Mon. – Fri. 8:30am – 10:30am at the Romeo Community Center in the North Room. \$2 for the first child, \$1 per additional child. Childcare is not available at Washington. Childcare follows the Fitness Class schedule and will not be available when classes are canceled.

Weather Policy: If Romeo Community Schools are canceled due to inclement weather, childcare and morning Fitness Classes will not be available. The Fitness Centers will be open whenever possible.

For questions call 752-6543.

Summer session II June 25 - August 25, 2018 Wks: 9

All classes last 45 minutes unless noted. Eight bikes available.

Spinning classes take place in the South Building of the Community Center - Romeo.

Course Day & Time Instructor

6234	Mon 6:00p	Sheryl
6235*	Tues 5:00a	Melissa *No class 7/3
6239**	Tues 9:00a	Kim (1 hour class)
6262*	Wed 10:15a	Marchelle
6265*	Thurs 5:00a	Melissa *No class 7/5
6267**	Thurs 9:45a	Marchelle (1 hour class)
6281	Fri 9:45a	Marchelle
6296	Sat 7:00a	Kelly

Spin: Stationary cycling.

Spin & Core: Incorporates core training. Indicated by *

Spinnerval: Incorporates weight training. Indicated by **

personal training

One-on-one training with a certified personal trainer available.

\$50/hour. No commitment or package purchase required.

trx suspension training

Held in the Washington Aerobic Room with Sheila.

(Max. of 10 people per session)

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Sat 10:15 am Each class \$15 drop in only.



Thank you for participating with our programs!

One membership...Two locations:

Romeo Community Center

361 Morton Street

Washington Municipal Building

57900 Van Dyke Ave.

Hours

Mon - Fri	6:00 am - 1:30 pm 4:00 pm - 8:00 pm
Sat	7:00 am - 12:00 pm
Sun	Closed

fitness centers

Fitness Centers will closed 30 min. early if no members are present. For more information and pricing, see the Fitness Center flyer or call 752-6543 x4.