

# FITNESS & HEALTH Fall session | September 4 - October 27, 2018 Wks: 8

## ENROLLMENT CATEGORIES

	Fitness Classes Only		Spinning & Fitness or Spinning Only	
Session Unlimited	<b>6102</b>	\$100	<b>6103</b>	\$115
5 x per week	<b>6104</b>	\$90	<b>6105</b>	\$105
4 x per week	<b>6106</b>	\$85	<b>6107</b>	\$100
3 x per week	<b>6108</b>	\$80	<b>6109</b>	\$95
2 x per week	<b>6110</b>	\$70	<b>6111</b>	\$85
1 x per week	<b>6112</b>	\$60	<b>6113</b>	\$75
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 Aug 31st to receive \$5 off.** Offers cannot be combined.

**Athletic Stretching:** Yoga moves combined with strength and toning.

Course	Day & Time	Instructor	Location
6138	Tue 8:30 am	Sheila	Wash. Aerobic
6185	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
6131	Mon 9:30 am	Jami	Wash. Activity
6197	Tue 9:00 am	Jami	Romeo Studio
6158	Wed 8:30 am	Mary	Wash. Activity

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

Course	Day & Time	Instructor	Location
6194	Wed 5:30 pm	Kelly	Wash. Aerobic
6182	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
6127	Mon 9:00 am*	Brenda	Romeo Studio
6179	Fri 8:30 am*	Brenda	Romeo Main

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

Course	Day & Time	Instructor	Location
6193	Mon 8:15 am	Kelly	Wash Activity
6188	Mon 5:30 pm	Kelly	Wash. Activity
6137	Tue 8:30 am*	Kelly	Romeo Main

## 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



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
6136	Tues 9:15 am	Brenda	Romeo Main
6169	Thur 9:00 am	Brenda	Romeo Main
6177	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
6190	Tue 9:45 am	Kelly	Wash. Aerobic
6189	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
6170	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
6133	Mon 10:30 am	Jami	Wash. Activity
6173	Thur 5:00 pm	Mary	Wash. Aerobic
6180	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
6128*	Mon 9:30 am	Sandra	Wash. Aerobic
6159*	Wed 9:30 am	Sandra	Wash. Aerobic
6178*	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
6161	Wed 9:30 am	Kim	Romeo Main
6195	Sat 8:00am	Kelly	Romeo Main

**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
6126	Mon 8:30 am	Marchelle/Mary	South Building
6168	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
6140	Tues 11:30 am	Denise	Romeo Studio
Canceled until new instructor		Wed 5:30 pm	Wash. Activity
6172	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
6174	Thur 5:15 pm	Sheryl	Wash. Activity

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

Course	Day & Time	Instructor	Location
6129	Mon 8:30 am	Kim	Romeo Main
6191	Mon 7:00 pm	Melissa	South Building
6152	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
6156	Wed 8:30 am	Kim	Romeo Main

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

# spinning / indoor cycling

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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.

Sept 4 - Oct 27, 2018 Wks: 8

(6725) Sat, 9:00 am \$64 NR \$70

Washington Center, lower level, Activities room

Drop in \$12 each class.

## 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.

## 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. Please call **586-752-6543**.

## Fall session I September 4 - October 27, 2018 Wks: 8

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
6130	Mon 9:45a	Machelle/Mary
6134	Mon 6:00p	Sheryl
6135*	Tues 5:00a	Melissa *No class 7/3
6139**	Tues 9:00a	Kim (1 hour class)
6162*	Wed 10:15a	Marchelle
6165*	Thurs 5:00a	Melissa *No class 7/5
6167**	Thurs 9:45a	Marchelle (1 hour class)
6181	Fri 9:45a	Marchelle
6196	Sat 7:00a	Kelly

**Spin:** Stationary cycling.

**Spin & Core:** Incorporates core training. Indicated by \*

**Spinnerval:** Incorporates weight training. Indicated by \*\*

## DROP YOUR PANTS

A weight loss, health and nutrition program. You could lose weight in 3 months without ever going on a diet! Learn a lifestyle that is sustainable and that is personalized to you. Your investment includes all nutrition, motivation and fitness sessions. This is the pilot program so it will never be at this price point again. If you do not drop one pant size in this program, you will receive your financial investment back.

Visit [www.Sunshinefitness7953.com](http://www.Sunshinefitness7953.com) for more info.

Sept 10 - Nov 5, 2018 Wks: 8

(6999) Mon, 9:30am \$99 NR \$10

Washington Center, lower level



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.