

**PLEASE NOTE:**

Classes canceled in  
Romeo May 8th.

Classes canceled in  
Romeo & Washington  
May 28th.

# FITNESS & HEALTH Summer Session I April 30 - June 23, 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 April 27th to receive \$5 off.** Offers cannot be combined.

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

Course	Day & Time	Instructor	Location
6138	Tues 8:30 am	Sheila	Wash. Aerobic
6185	Sat 9:15 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 10:15 am	Jami	Wash. Activity
6158	Wed 8:30 am	Mary	Wash. Activity

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

Course	Day & Time	Instructor	Location
6188	Mon 5:15 pm	Kelly	Wash. Activity

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

Course	Day & Time	Instructor	Location
6194	Tues 7:00 pm	Kelly	Wash. Aerobic
6160	Wed 9:30 am	Courtney	Romeo Studio
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

**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
6193	Mon 6:15 pm	Kelly	Wash Aerobic

**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 9:15 am	Brenda	Romeo Main
6177	Fri 8:30am	Marchelle	South Building

**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**

**Kickboxing:** (55 min.) A high-energy martial arts-style and boxing training class.

Course	Day & Time	Instructor	Location
6157	Wed 8:30 am	Courtney	Romeo Studio

**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
6137	Tues 8:30 am	Kelly	Romeo Main
6190	Tues 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 11:15 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. Aerobic

**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 9:45 am	Kim	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	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 9:00 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

## ENROLLMENT CATEGORIES

	Fitness Classes Only		Spinning & Fitness or Spinning Only	
Session Unlimited	6102	\$105	6103	\$120
5 x per week	6104	\$95	6105	\$110
4 x per week	6106	\$90	6107	\$105
3 x per week	6108	\$85	6109	\$100
2 x per week	6110	\$75	6111	\$90
1 x per week	6112	\$65	6113	\$80
Drop In		\$8		\$10

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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.

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

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.

## 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.

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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	Marchelle
6134	Mon 6:00p	Sheryl
6135*	Tues 5:00a	Melissa
6139**	Tues 9:00a	Kim (1 hour class)
6162*	Wed 10:15a	Marchelle
6165*	Thurs 5:00a	Melissa
6167**	Thurs 9:30a	Marchelle (1 hour class)
6181	Fri 9:45a	Marchelle

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

fitness centers