

FITNESS & HEALTH Winter/Spring Jan 2 - March 2, 2019 Wks: 8

ENROLLMENT CATEGORIES

	Fitness Classes Only		Spinning & Fitness or Spinning Only	
Year Unlimited	6100	\$485	6101	\$575
Session Unlimited	6102	\$100	6103	\$115
5 x per week	6104	\$90	6105	\$105
4 x per week	6106	\$85	6107	\$100
3 x per week	6108	\$80	6109	\$95
2 x per week	6110	\$70	6111	\$85
1 x per week	6112	\$60	6113	\$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 Dec 23rd to receive \$5 off. Offers cannot be combined.

Athletic Stretching: (55 min.) Yoga moves combined with strength/toning.

Course	Day & Time	Instructor	Location
6138	Tue 8:00 am	Sheila	Wash. Aerobic
6170	Thur 8:30 am	Sheila	Wash. Aerobic
(45 min) 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 9:00 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 Aerobic
6137	Tue 8:15 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 9:30 am	Kelly	Wash. Aerobic
6189	Thur 9:30 am	Kelly	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 8:15 am	Anne	Wash. Activity

STRONG:30: (30 min.) Nonstop body carving-calorie burning workout that uses no weights, just your body to become strong and lean!!!

Course	Day & Time	Instructor	Location
6199	Thur 7:30 am	Sheila	Romeo Main

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 8:15am	Kelly	Wash. Aerobic

TRX Plus: (30 min.) Training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously in combination with off the strap exercises. All fitness levels welcome.

Course	Day & Time	Instructor	Location
6300	Sat 9:00 am	Sheila	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
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: (60 min.) Perfect for beginners. Taking things slower, & 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: (55 min.) Fun dance moves create a dynamic workout.

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

REVISED 12.18.2018

spinning / indoor cycling

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 Non residents add \$6 to enrollment category.
 10% discount for seniors (60+ yrs.)

Register by Dec 21st to receive \$5 off. Offers cannot be combined.

Join our Buti Yoga tribe today!

This calorie scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting movement.

Instead of linear movements, Buti Yoga favors movements that challenge the body along all planes of motion.
 THE RESULT - long, lean muscle.

Jan 2 - March 2 (8 wks)
 (6996) Wed, 6:30-8:00 pm \$65 NR \$71
 Romeo South Building \$10 drop in

personal training

One-on-one training with a certified personal trainer available.
 No commitment or package purchase required.

\$50/hour! \$25/half hour!

Also available 2 clients for 1 hour = \$50/hour!
 Call Chris at the Washington Fitness Center.
 586-752-6543 ext 4 than press 2

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.

Winter/Spring Jan 2 - March 2, 2019 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 9:45 am	Machelle
6134	Mon 6:00 pm	Sheryl
6135*	Tue 5:00 am	Melissa class starts 1/8
6139**	Tue 9:00 am	Kim (1 hour class)
6149	Wed 5:00 am	Melissa
6162*	Wed 10:15 am	Marchelle
6165*	Thur 5:00 am	Melissa
6167**	Thur 9:45 am	Marchelle (1 hour class)
6181	Fri 9:45 am	Marchelle

Spin: Stationary cycling.

Spin & Core: Incorporates core training. Indicated by *

DROP YOUR PANTS

100% of participants have said that the program has helped them! Trainings include how hormones impact your waistline, how to build your plate with proportionate macros, calorie timing versus calorie restriction to maximize fat burn, grocery store shopping, restaurant selection guidance, how to begin healing your relationship with food and more. As a licensed therapist, I believe that life should be lived with enjoyment and fulfillment, not with guilt and shame for not being perfect. Join us in the next round of Drop Your Pants beginning Monday, January 7, 2019. More Information: www.sunshinehealthfff.com or sign up at RWB Parks & Rec.

Jan 7 - Feb 25, 2019 Wks: 8
 (6999) Mon, 9:30am \$199 NR \$205
 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 close 30 min. early if no members are present.
 For more information and pricing, see the Fitness Center flyer or call 752-6543 x4.