

# FITNESS & HEALTH Winter/Spring session II Feb 26th - April 28, 2018 Wks: 9

## ENROLLMENT CATEGORIES

	Fitness Classes Only		Spinning & Fitness or Spinning Only	
Year Unlimited	6100	\$485	6101	\$575
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 Feb 23rd 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 9:15 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
6231	Mon 10:15 am	Jami	Wash. Activity
6258	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
6288	Mon 5:15 pm	Kelly	Wash. Activity

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

Course	Day & Time	Instructor	Location
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

**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 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
6236	Tues 9:15 am	Brenda	Romeo Main
6269	Thur 9:15 am	Brenda	Romeo Main
6277	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
6257	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
6232	Mon 10:30 am	Anne	Wash. Aerobic
6237	Tue 8:30 am	Kelly	Romeo Main
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 11:15 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	Romeo Studio

**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

**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	Marchelle	South Building
6294	Tue 6:30 pm	Kelly	Wash. Aerobic
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
6263	Wed 5:30 pm	Denise	Wash. Activity
6264	Wed 6:45 pm	Denise	Wash. Activity
*optional 10 min meditation Wed 7:50-8pm			
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
6275	Thur 5:30 pm	Kim	South Building

# 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.

March 3rd - April 28th, 2018 Wks: 6

PLEASE NOTE: NO CLASS March 10th, April 14th or 21st

(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.

Winter/Spring session II Feb 26 - April 28, 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
6230	Mon 9:45a	Marchelle
6234	Mon 6:00p	Sheryl
6235*	Tues 5:00a	Melissa
6239**	Tues 9:00a	Kim (1 hour class)
6262*	Wed 10:15a	Marchelle
6265*	Thurs 5:00a	Melissa
6267**	Thurs 9:30a	Marchelle (1 hour class)
6281	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)

March 3rd - 24th, 2018 Wks: 4

\$60 each course, \$66 NR

Course	Day & Time	Instructor	Location	Cost
6557	Tue 5:15 pm	Sheila	Wash. Aerobic	\$60, NR \$66
6558	Sat 10:15 am	Sheila	Wash. Aerobic	\$60, NR \$66

March 31st - April 28th, 2018 Wks: 5

\$75 each course, \$81 NR

Course	Day & Time	Instructor	Location	Cost
6559	Tue 5:15 pm	Sheila	Wash. Aerobic	\$60, NR \$66
6560	Sat 10:15 am	Sheila	Wash. Aerobic	\$60, NR \$66

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.