



Classes Being Offered by



One Life Fitness, LLC



At Lathrup Village Municipal Building
27400 Southfield Rd, Lathrup Village (Off I-696)

8 Week Winter Session (January 19 – March 14, 2019)					
Class Type	Dates	Days	Time	What to Bring	Instructor/Room
Heart Smart Fitness	Jan 7 – Feb 27 Mon Makeups 3/4 & 3/6	Mon, Wed	10:00 - 11:00 AM	Light Weights and Resistance Bands w/Handles	Matt Fitness Studio
Yoga/Stretch (*SS/Flex Tue Only)	Jan 8 – Feb 28	Tue* & Thu	10:30 – 11:30 AM	Mat & Yoga Block	Tue: Cheryl/ 2 nd Floor Thu: Rachel/ Fitness Studio
Zumba	Jan 12 – March 2	Sat	11:30 – 12:30 PM	NA	Connie Fitness Studio
Zumba	Jan 22 – March 14	Tue & Thu	6:30 – 7:30 PM	NA	Tue: Lenora/ Fitness Studio Thu: Lynn/ Community Room
No class on 1/21 (MLK Holiday) & 2/18 (Presidents Day) Makeup classes will be held 3/4 & 3/6.					

\$45 for one class/week (8-weeks/8 classes) \$80 for two classes/week 8-weeks/16 classes)
\$115 for three classes/week (8-weeks/24 classes) \$135 for four classes/week 8-weeks/32 classes)
Zumba Tues & Thurs (1/22 – 3/14) = \$45 for 1 class/week or \$80 for 2 classes/week

Silver Sneakers/Flex is only offered on Tuesday's at this time.

**~\$5 or Less
Per Class**

Must have a minimum of 10 participants registered in each class

**~\$5 or Less
Per Class**

Heart Smart Fitness: Have fun and move to the music through a variety of exercises. This low-impact class is designed to increase muscular strength, range of motion, balance, cardiovascular endurance and your overall physical activity. This class can be done seated or standing depending on your level of fitness. Movements in this class can be modified just for you and your fitness level!

Yoga: Work through a flowing sequence of yoga postures. As you stretch, breathe, and meditate, you will bring an inner awareness of peace and balance to your body, mind and spirit and enjoy the presence of being. This class focuses on stretching, flexibility, muscle control, proper breathing techniques and relaxation. This class will tone your muscles and enhance your overall fitness level. This class can be done in a chair based on your fitness/comfort level.

Zumba Class: Fitness has never been so fun! This class is a Total Body Workout with its combination of non-stop hip swiveling, shoulder-shimmying and fabulous footwork. You'll torch fat and burn calories, whittle your middle and sculpt your hips, rear and thighs. You'll be so busy strutting your stuff, you'll forget you're actually exercising!

Registration: Register Now! Visit or contact the Lathrup Village Community Center at (248) 557-2600 ext. 224 to register or recreation@lathrupvillage.org. Feel free to contact LaReina with One Life Fitness @248-361-3791 (text) or onelifefitness@gmail.com with any program questions or to be added to our class notification list!

There is a \$5 non-resident fee if you are not a Lathrup Village resident.

**Don't Delay!! Register today!
Space is limited!**

www.1lifefitness.com

