

# AUGUST 2010

## GROUP FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	8 WEEK SESSION BEGINS MONDAY AUGUST 30TH PLEASE REGISTER BY MONDAY 8/9/2010					21
22	23	24	25	26	27	28
29	30 Aerobics 6-655p Toning 7-755p	31 Pilates 6-645p Kboxing 7-8p				



Get a rush and feel **GREAT!**

[www.adrenafit.com](http://www.adrenafit.com)  
(313) 516-9228

# SEPTEMBER 2010

## GROUP FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Aerobics 6-7p Toning 715-815p	2 30-60-90 6-7p	3	4
5	6 <b>NO CLASSES</b> <b>Make-up 10/25</b>	7 Pilates 6-645p Kboxing 7-8p	8 Aerobics 6-7p Toning 715-815p	9 30-60-90 6-7p	10	11
12	13 Aerobics 6-655p Toning 7-755p	14 Pilates 6-645p Kboxing 7-8p	15 Aerobics 6-7p Toning 715-815p	16 30-60-90 6-7p	17	18
19	20 Aerobics 6-655p Toning 7-755p	21 Pilates 6-645p Kboxing 7-8p	22 Aerobics 6-7p Toning 715-815p	23 30-60-90 6-7p	24	25
26	27 Aerobics 6-655p Toning 7-755p	28 Pilates 6-645p Kboxing 7-8p	29 Aerobics 6-7p Toning 715-815p	30 30-60-90 6-7p		



Get a rush and feel **GREAT!**

[www.adrenafit.com](http://www.adrenafit.com)

(313) 516-9228

# OCTOBER 2010

## GROUP FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>REGISTER FOR NEXT 8 WEEK SESSION BY 10/4/10</b>						<sup>1</sup>
3	4 Aerobics 6-655p Toning 7-755p	5 Pilates 6-645p Kboxing 7-8p	6 Aerobics 6-7p Toning 715-	7 30-60-90 6-7p	8	9
10	11 Aerobics 6-655p Toning 7-755p	12 Pilates 6-645p Kboxing 7-8p	13 Aerobics 6-7p Toning 715-	14 30-60-90 6-7p	15	16
17	18 Aerobics 6-655p Toning 7-755p	19 Pilates 6-645p Kboxing 7-8p	20 Aerobics 6-7p Toning 715-	21 30-60-90 6-7p	22	23
24	25 Aerobics 6-655p Toning 7-755p	26	27	28	29	30
31						



Get a rush and feel **GREAT!**

[www.adrenafit.com](http://www.adrenafit.com)  
(313) 516-9228