



Winter 2012 Class Schedule

Body Boot Camp: (20/20/20 format)

Take your workout to the next level. Every class is different. Vary your workout to stay motivated, challenged and prevent muscle memory. Class format will alternate each week to include 20 minutes of varied cardio (cardio-kick, step, interval), 20 minutes of amazing strength training and finish out each workout with 20 minutes of an awesome ab and glute toning section. Enjoyable for all fitness levels and ages. Bring fitness mat to class.

AM CLASS:

Days: Monday/Wednesday -Jill
 Time: 9:30-10:30 am
 Fee: \$58.00; \$36.00 for once a week (m&m)
 Location: TEAM FIT
 Session I: Jan 18 – Feb 27
 Session II: March 5 – April 11

PM CLASS:

Day: Tuesdays/Thursdays – Lindsay
 Time: 7:00 – 8:00 pm
 Fee: \$58.00; \$36.00 for once a week (m&m)
 Location: TEAM FIT
 Session I: Jan17 – Feb 23
 Session II: March 6 – April 12

Team Fit “teams up” with MORC!

(Facility located on 19 Mile Road between Garfield & Hayes in Clinton Twp.)

Day: Tuesdays/Thursdays-Lindsay
 Time: 4:30-5:30pm
 Fee: \$61.00 (no m&m)
 Location: MORC
 Session: TBD – contact TF for session details.



TRX Training:

You have seen it on tv, you have heard what amazing results men and women were getting, most Michigan gyms don't even offer this, but now is your chance because Team Fit has it! TRX is a strength focused class, which is based on reps, tempo and form. It engages all your muscles with this non-stop workout. Build overall strength, balance and flexibility with this total-body program. Must pre-register. All equipment provided. Sorry, not a part of the m&m discount program. Sorry, no drop ins/no make ups available for this program.

***TRX is also incorporated in Chantell's Cycle Circuit Combo Class on Mondays!**

Day: Wednesday **Dru**
 Time: 5:50 – 6:50 pm
 Fee: \$45.00 (m&m discount of \$75.00)
 Location: TEAM FIT
 Session I: Jan 18 – Feb 22
 Session II: March 7 – April 11

Day: Thursday **Chantell**
 Time: 10:30 – 11:30 am
 Fee: \$45.00 (m&m discount of \$75.00)
 Location: TEAM FIT
 Session I: Jan 19 – Feb 23
 Session II: Mar 8 – April 12

Team Fit - Winter 2012 Class Schedule

Cycle Challenge: Hosted @ TEAM FIT

This class is just what you need to jump start your metabolism! Indoor cycling incinerates calories, increases stamina, and helps develop toned, well-defined legs. Research has shown than an average class will burn up to 500 calories! Pre-registration is a must. **These classes fills up fast.**

I Session Start Date: week of Jan 16th

II Session Start Date: week of March 5th

Fee: \$45.00/once a week or m&m for \$75.00 for 6 weeks

Mon	Tues	Thurs	Fri	Sat
	9:30 am Lindsay			8:00 am Chantell
5:30 pm Chantell (Cycle Circuit /TRX Format) * 1 st day on 01/23				
		8:00 pm Lindsay		

*TRX is also incorporated in Chantell's Cycle Circuit Combo Class on Mondays!

PLEASE NOTE:

- * All Team Fit locations are listed on back page.
- * Always consult your doctor before beginning an exercise program.
- * Drop in fees are \$8.00/class if you do not want to sign up for an entire session if program is not sold out or Class Punch Cards are available for purchase (certain restrictions apply)
- * M&M discount program details are highlighted on page 5
- * No refunds given after second meeting scheduled day.
- * If refund is requested, a \$10.00 administration fee will be deducted.
- * Memberships are binding and can not be frozen or transferred
- * Contact TF to learn more of if you have any questions @ (586) 709-2194 or email us at teamfitcorp@hotmail.com

TGIF!

Fat Burning Interval Training:

Start your weekend out right with our no-nonsense interval training class. Increase your metabolism while you build long, lean muscle in this 60 minute heart pumping, fat burning class that alternates cardio and resistance training exercises. Fat Burning Interval alternates between heart pumping cardio segments and muscle pumping strength segments. Get a complete, full body workout in 1 hour! The set-up of this class varies from week to week, so you will never get bored. Great for ALL fitness levels. Bring fitness mat to class.

Day: Friday **Chantell**
 Time: 9:30 – 10:30 am
 Fee: \$36.00 (m&m \$58.00)
 Location: TEAM FIT
 Session I: Jan 13 –Feb 17
 Session II: Mar 2 – April 6

REMINDER: Please bring a fitness mat for programs that require usage.

New for Winter!

Fitness Yoga:

Conclude your manic Monday with a rejuvenating ending. This class combines traditional yoga postures and flows that focus on flexibility, strength, balance and breathing. Go at your own pace for a workout as gentle or as challenging as you like. Modifications are offered for all levels.

Day: Tuesdays **Jean**
 Time: 8:00-9:00pm
 Location: CON
 Session: Jan 23 – Feb 27
 Session II: March 5 – April 9
 Fee: \$45.00 (m&m \$75.00)

FYI: TO ENSURE THE PROGRAM RUNS SUCCESSFULLY, PLEASE REGISTER PRIOR TO THE FIRST DAY! SCHEDULES MAY CHANGE DUE TO LOW ENROLLMENT.

TEAM F.I.T. CAMP

**(boot camp style workout + nutritional counseling and supplements) =
RESULTS!!!**

CLICK TO EXPERIENCE: <http://teamfitcorp.com/video//TEAM%20FIT%20%20BOOT%20CAMP.html>

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, Team Fit is committed to providing the right "game-plan" for you to reach your goals. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. The ideal setting for this camp takes place outdoors. We will use natural props as well as supply additional equipment in order to enhance the variation and give you the best workout; without routine! **Check out web page for Q/A re: this effective and exciting program.**

Clients come to us for a myriad of reasons:

- Weight loss
- Improve energy
- Increase metabolism
- Accountability
- Motivation
- Program Design
- Flexibility
- Sports Performance
- Results!!!

**THIS PROGRAM WILL BE OFFERED AT THE
FOLLOWING LOCATIONS (m/w/f)**

**CHESTERFIELD/
MACOMB AREA**

Camp Leader:

Time:

Session Dates:

**Team Fit
(21 Mile Road; Gratiot Ave.)**

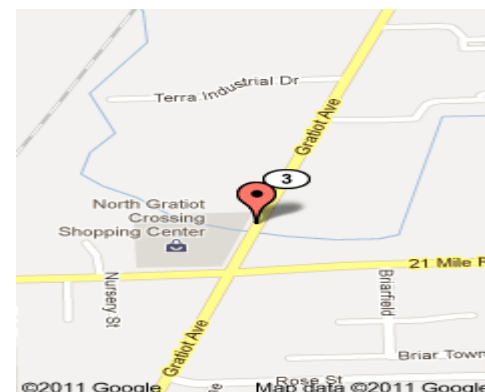
Jill Turvey

5:45-6:45 am

Jan 9 – Feb. 3; Feb. 6- March 2; March 5- March 30

**SPECIAL: SIGN UP FOR TEAM FIT & F.I.T. Challenge
and SAVE \$20.00!***

* Enrollment must be within the same session period



Your journey begins by getting weighed in and measured. Campers can chose to either add on daily protein shakes and nutritional referenced guide book for the total program fee of \$115.00 or opt for the workout only for \$90.00.



Fitness Boot Camp **2 days/4 week session**

WINTER RATE: \$60.00 (w/o supplements) or \$85.00 (w/supplements)

F.I.T. Challenge is mental and physical training. Expect it to be rigorous and demanding. It's hard work. Then again, anything worth something usually is. You'll emerge in top physical condition astounded by what you've accomplished so far and ready for the biggest adventure of your life: your first tour of duty. The only difference between the FIT Challenge and TEAM F.I.T. Camp is the number of camp days.

We apply our system and train the body the way it was designed to perform and function in real life.

This program takes the best of everything and throws out the stuff that doesn't work resulting in the F.I.T. Challenge. F.I.T. Challenge is a strength and condition program designed for everyone from the elite athlete to a beginner who hasn't worked out in years. F.I.T. Challenge delivers fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. The principals of F.I.T. Challenge are Monostructural (or Cardio), Gymnastics basics, and Weightlifting. A dynamic warm-up where we do some exercises to get the heart rate up that coordinate to the workout, some skill work, and some dynamic stretching. We then go over form in the movements that will be used that day. We are very strict on form, good form is essential in optimal performance and injury prevention. The workouts are short duration and high in intensity. Each workout is timed and recorded so that we can measure your progress.

NEXT SESSION'S INFORMATION:

AM CAMP....T/Th 6-7 am

Location: ConCorde Swim & Health Club in Clinton Twp.

Leader: Jill Turvey

Session Dates: Jan 10-Feb. 2; Feb. 7-March 1; March 6-March 29
(3- 4 wk back to back sessions)

***All hosting location details are on last page**

TO VIEW MORE DESCRIPTION OF THIS PROGRAM, VISIT OUR WEB SITE: www.teamfitcorp.com/challenge.pdf

SPECIAL: SIGN UP FOR TEAM FIT & F.I.T. Challenge and SAVE \$20.00!*

*** Enrollment must be within the same session period**

Team Fit - Winter 2012 Class Schedule

**CHILD CARE
AVAILABLE FOR
MOST CLASSES!**

Hip Hop Fitness:

Discover the funky street style of Hip Hop while getting a great workout! This class is a blend of cardiovascular exercise with high energy Hip Hop dance moves that are fun and easy to learn! Instructor teaches dance and aerobic moves! This co-ed class is designed for all fitness levels. Promote your style, proper movement, musicality and fun. Wear comfortable, athletic clothing/shoes and bring water bottle!

Day: Tuesdays – **Lindsay**
Time: 8:00-9:00 pm
Fee: \$36.00 (or m&m \$58.00)
Location: TEAM FIT
Session I: Jan 17 – Feb 21
Session II: March 6 – April 10

Guts & Gluts:

Can you pinch more than an inch? Want to turn abs of flab into a chiseled torso? Does your butt need a lift? Blast your gut and shape your derriere with our safe, fun and effective no impact core strengthening exercise system. This class is packed with effective exercises for the abs, back, gluts and legs to tone and strengthen the mid-section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun but challenging class.

Day: Tuesdays **Chantell**
Time: 7:30-8:00 pm
Fee: \$28.00
Location: OBJIBWA (contact CV for enrollment)
Session begins: Jan 17th

SATURDAY CLASS:

Day: Saturdays **Jill**
Time: 12:00-12:30 pm
Fee: \$25.00
Location: TEAM FIT
Session: Jan. 21-Feb. 25
Session II: March 10-April 17

Mix and Match Discount Program (m&m):

Join more programs and SAVE!

If signing up for:

**any cardio or strength training classes; m&m discount rate is \$58.00 for two classes/week

**any yoga, cycling; m&m discount rate is \$75.00 for two classes/week

(For example, if signing up for Super Saturday Mornings and 1 day of Total Body Fitness, the m&m discount rate is \$58.00; if signing up for Hot Yoga and Zumba, the m&m discount is the greater of the two...\$75.00). Both programs MUST be within the same 6 week session period. **** sorry, NO m&m for classes held on CV or SCS hosting sites. ****

Step It Up! (step aerobics):

Step your way to burn fat and build stamina! This course offers non-traditional step moves to shape your entire lower body. Great work out for advanced levels. Class also focuses on core conditioning. Steps and risers are provided.

ADVANCED PROGRAM:

Day: Monday/Wednesday -**Shawn**
Time: **Monday 7:30 – 8:30pm**, Wed. 8:00- 9:00pm
Fee: \$58.00 (or 1 night for \$36.00)
Location: TEAM FIT
Session I: Jan 18 – Feb 27
Session II: March 5 – April 11

Step Interval:

What a great way to tone up without the added bouncing and stress on your knees from traditional aerobic classes. Class format alternates step with upper body strength training exercises. Excellent cueing and break down of routines make this step aerobics class an overall success. Instructor's style is nothing fancy so it is easy to follow, enjoyable, build muscle and burns fat all at the same time. Class taught by a certified instructor. **Great for all levels.**

AM CLASS:

Day: Wednesday **Jill**
Time: 10:30-11:30am
Fee: \$36.00
Location: TEAM FIT
Session I: Jan 16 – Feb 20
Session II: March 6- April 10

PM CLASS

Day: Tuesday **Jill**
Time: 7:00-8:00PM
Fee: \$48.00
Location: MORC
Session I: TBD

MEN'S FITNESS WITH TODD!

Men's Fitness:

Get your workout in before heading to work. This camp features not only cardio plyometric exercises, but a variety of resistance training. TRX, boxing, spinning and plenty of variety is what this program incorporates. Hosted by a male trainer so that he can give you exactly what your body is looking for to achieve the body you always wanted. Sorry, no drop ins available for this program.

Day: Tuesdays & Thursdays – **Todd**
Time: 6:00-7:00 am
Fee: \$60.00
Location: TEAM FIT
Session Dates: Jan 10-Feb. 2; Feb. 7-March 1; March 6-March 29

NEW!!!! {CO-ED} Tabata Time w/ Todd (T3)/aka H.I.I.T:

H.I.I.T.= High Intensity Interval Training. A challenging, time-efficient workout that combines interval of strength and/or cardio interval training. This program's format is work:rest ratio of 2:1 (20 sec. of intense work followed by 10 sec of rest) that is repeated 8 times for a total of 4 minutes per exercise for a total of 7 or 8 rounds. Improve aerobic and anaerobic capabilities, increase muscle strength/endurance and rev up the "after burn effect" that results in fat burning for hours after completion. Don't let the 45 min. class duration fool you ~ this is a no nonsense program with incredible results!

Day: Mondays - **Todd**
Time: 8:30-9:15pm
Fee: \$36.00 (m&m \$58.00)
Location: TEAM FIT
Session I: Jan 23-Feb. 27

High School Athlete Sport Performance Training Camps **{CO-ED}**

Designed for the athlete in you! Whether you are an amateur athlete or a professional, our conditioning camps can help improve your agility skills and stamina while working on increasing speed and intensity. Attendees will train on various equipment to increase flexibility, speed and strength. Designed for ages 14 and up; both genders encouraged. For more information, please visit http://www.teamfitcorp.com/sports_conditioning_performance_training.html

Day: Tuesday **Todd**
Time: 4:45-5:30 pm
Fee: \$45.00
Location: TEAM FIT
Session I: Jan. 17-Feb. 21
Session II: March 6- April 10

Combat Boxing! (co-ed boxing workout)

Train like a boxer. Learn the fundamentals of the sport, footwork, drills, punching combinations and hitting heavy bags. This is a no-contact class that is great for conditioning and cardiovascular fitness. You must have hand protection (boxing gloves) and bring clean tennis shoes. (No street shoes) **PRE-REGISTRATION IS REQUIRED ~ VERY POPULAR! Sorry, no drop ins available for this program.**

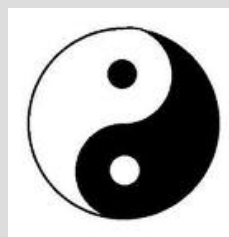
FEES: \$45.00 (m&m \$75.00)

Day: Thursdays - **Lindsay**
Time: 6:00-7:00 pm
Location: TEAM FIT
Session I: Jan 19 – Feb 23
Session II: Mar 8 – April 12

WEEKEND

Day: Saturday - **Chantell**
Time: 7:00-8:00 am
Location: TEAM FIT
Session I: Jan 21 – Feb 25
Session II: Mar 10 – April 14

REMINDER: Please bring a fitness/yoga mat for programs that require usage.



Tai Chi (24 Form)

Come and experience the Ancient Chinese Martial Art of Tai Chi. Learn to relax, improve balance and flexibility, respiratory and cardio status through gentle movements and breathing techniques.

Day: Saturday – **Melissa**
Time: 10:00-11:00am
Fee: \$48.00 (sorry, no m&m)
Location: **contact CV for enrollment/ session dates:**
(586) 723-2058

Team Fit - Winter 2012 Class Schedule

REMINDER: Please bring a yoga sticky mat, hand towel and blanket to class. Optional items are a yoga strap and block

Relaxation Yoga:

Learn stress-relieving techniques that will provide a deepened sense of well-being. Practice stretching to tone and strengthen the body. Use gentle, slow movements and focus on the body, mind, breathing and posture to improve circulation, flexibility and stamina. Enjoyable and beneficial for all fitness levels.

Day: Saturday **Kelsey**
Time: 10:15-11:15 am
Location: HENRY FORD MACOMB HOSP.
Shelby Medical Mall
Session begins Jan. 14
**Call for registration and start date:
(586) 263-2410**

HOT Yoga:

A heated, challenging and invigorating form of Yoga. Beginning with sun salutations and leading into a sequence of postures that flow into one another through breath, building strength and flexibility, unwinding tight joints and loosening muscles. A complete mind and body workout that develops concentration and reduces stress while toning your entire body. Room will be heated to 90 degrees. Great for couples!

Day: Sunday **Jean**
Time: 8:30 – 9:30 am
Fee: \$48.00 (m&m \$79.00)
Location: TEAM FIT
Session I: Jan 22 – Feb 26
Session II: Mar 11 – April 18

Fit Mama (prenatal yoga)

Program focus on enriching your physical, mental and emotional health during this special time. Workout features “opening” postures designed to relieve stress, strengthen your back and create space for your baby. Taught by a RN and program emphasize relaxation, breathing and connecting with your baby.

Day: Thursdays **Kelsey**
Time: 6:30-7:30pm
Location: MORC
Session: **Please call for start date!**
Fee: \$48.00 (sorry no m&m)

Fully Figured Yoga:

Have you always wanted to try yoga but didn't feel comfortable walking into just any class? Jean Charette is a fully figured yoga student and teacher. She encourages her students to enjoy the freedom and peace within their own bodies with her joyful spirit and playful attitude. Her classes offer Pranayama, Asana and Meditations with special modifications for the plus-sized female body.

Day: Thursdays - **Jean**
Time: 6:45-7:45 pm
Fee: \$48.00 **contact CV for enrollment
(586 723-2050) no m&m**
Location: OBIJWA
Session: Jan 19 – Feb 23

WEEKEND CLASSES

Day: Saturday **Jean**
Time: 9:00-10:00 am
Location II: HENRY FORD MACOMB HOSP.
Shelby Medical Mall
Session begins Jan. 14
**Call for registration and pricing:
(586) 263-2410**

Day: Saturday **Jean**
Time: 10:30-11:30 am
Location III: ST.JOHN Oakland Hosp. – Rehab Center Shelby Twp.
Session: January 7- February 11
Session II: February 18 – March 24
Call for pricing/registration: (586) 868-9040

NEW! Senior Yoga

Senior Yoga begins where you are, no matter what condition your body is in. This is a gentle beginner class designed especially for individuals ages 55 and up. You will be working to your own ability level to increase mobility, become more flexible and promote an overall sense of well-being. This class will utilize floor, standing and chair poses, with breathing and relaxation techniques.

Day: Wednesdays **Jean**
Time: 4:15pm-5:15pm
Fee: \$60.00; sorry no m&m (CareLink Members pay \$55.00)
Location: St. John Physical Therapy, Clinton Twp.
Session I: Jan 11 – Feb 15
Call for registration: (586) 263-5220



Take salsa, cha-cha, samba, tango, merengue, flamenco, calypso, hip-hop and belly dancing, put it all in a workout routine, and you have Zumba!

We offer Zumba, Aqua Zumba, Zumba Toning and Zumba Gold!


**** Complete program details are on next page ****


Class fees are \$36.00 for six weeks or \$58.00 for two or unless noted below. ANY FORMAT Sorry this discount does not apply to CV or SCS districts.


MONDAY


 Location: **BORN CENTER** (\$40.00 contact SCS for enrollment)

Time: 9:30-10:30 am **Dorothy**
Session I: Jan 23 - Feb 27


 Location: **MORC**
Time: 10:00-11:00 am **Alexis**
Session I: TBD

 Location: **MORC**
Time: 5:30-6:30 pm **Dorothy**
Session I: TBD


 Location: **TEAM FIT**
Time: 6:30-7:30 pm **Lindsay**
Session I: Jan 23- Feb 27
Session II: March 5-April 9

 Location: **WYANDOT** (\$48 contact CV for enrollment)
Time: 6:45-7:45 pm **Dorothy**
Session I: Jan 23 - Feb 27


TUESDAY


 Location: **TEAM FIT**
Time: 10:30-11:30 am **Lindsay**
Session I: Jan 17-Feb 21
Session II: March 6 - April 10


TUESDAY (CONT.)


 Location: **OJIBWA** (\$48 contact CV for enrollment)
Time: 6:30-7:30 pm **Chantell**
Session I: Jan 17-Feb 21


WEDNESDAY


 Location: **ETF, Grosse Pointe** (call for enrollment)
Time: 10:00-11:00 am **Dru**
Session I: ON GOING

 Location: **RODGERS** - (\$40.00 contact SCS for enrollment)
Time: 6:15-7:15 pm **Andrea**
Session I: Jan 25 - Feb 29


 Location: **ST JOHN ~ OAKLAND HOSP** (Madison Heights)
Time: 6:00-7:00 pm
Session: Dec 7-Jan 25(8week session, call for pricing)

 Location: **WYANDOT**
Time: 7:15-8:15 pm **Lindsay**
Session: Jan 18 - Feb 22


 Location: **TEAM FIT**
Time: 7:00-8:00 pm **Dru**
Session I: Jan 18-Feb 22
Session II: March 7 - April 11

 Location: **CONCORDE**
Time: 8:00-9:00 pm
Session I: Jan 18-Feb 22
Session II: March 7 - April 11


THURSDAY


 Location: **RODGERS** (\$40.00 contact SCS for enrollment)
Time: 7:00-8:00 pm **Angela**
Session: Jan 19 - Feb. 23


FRIDAY

 Location: **TEAM FIT**
Time: 10:30-11:30 am **Dorothy**
Session I: Jan 20-Feb 24
Session II: Mar 9 - April 13

SATURDAY

 Location: **RODGERS** - (\$40.00 contact SCS for enrollment)
Time: 9:00-10:00am **Marie**
Session: begins Feb. 4

 Location: **TEAM FIT**
Time: 11:00 -12:00 pm **Nancy**
Session I: Jan 21-Feb 25
Session II: Mar 10 - April 17

 Location: **ERIE**
Time: 11:00-12:00 pm **Marie**
Session begins: Jan. 21st (contact CV for enrollment)
\$48.00



Take Salsa, cha-cha, samba, tango, meringue, flamenco, calypso, hip-hop and belly dancing, put it in a workout routine and you have Zumba! Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Great for all ages and fitness levels. Come and join the party!



Now that you've worked on your lower body rhythm, its time to perfect the upper body! This is the original dance-fitness class taken to the next level. ZUMBA® TONING is an innovative muscle training program with the addition of light weight toning sticks. We use 1 lb, sand filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. This class is open to everyone, no previous dance or ZUMBA® class experience necessary. **REMINDER:** Zumba toning sticks available for purchase on www.zumba.com web site. or participants can bring in their own 2 lb. hand held weights.

Small Group/Personal Training

Team Fit offers the highest level of personal training and small group training in the area. Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, our expert team of certified personal trainers and strength and conditioning coaches are committed to providing the right "game-plan" for you to reach your goals.

We offer 1-1 personal fitness training, semi-private, partner training and small group classes. Our certified trainers can help you today with your health and fitness goals. Contact us to learn more or visit our web site for fees, service break downs and schedules



Beginner class geared for active older adults and for de-conditioned individuals just beginning the Zumba program. Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Be ready for a low-impact aerobic workout, great music and loads of fun! No age requirements.

Can't decide which classes to sign up for? You can always purchase a Class Punch Card which is cheaper than paying the \$8.00 drop in rate. Punch Cards are priced at \$56.00 for 8 visits & can be used at any of our hosting locations, for any class and at any time (session carry over permitted). Contact Jill for more information and restrictions.*

Team Fit - Winter 2012 Class Schedule

**CHILD CARE
AVAILABLE FOR MOST
CLASSES ..CONTACT
HOSTING GYM FOR
MORE INFO.**

Women's Self Defense:

Most women who were raped or physically attacked, according to the Federal Bureau of Investigation (FBI), admitted they had never imagined something like that would ever happen to them. They were unprepared. They believed if they did not go to a bad neighborhood or look for trouble, trouble would never find them. But they were wrong. A violent crime could happen anywhere and anytime. To avoid being a victim or to get ourselves out of such a situation safely, we need to be prepared both mentally and physically. Knowing some basic self-defense techniques can help you gain a sense of control when you get attacked. Easy victims are those who tend to panic, get confused and appear helpless. Join us to learn practical techniques for defending in real-life situations. Clients are also encouraged to discuss situations and circumstances that they are concerned about so that instructors may broaden the scope of learning. Our goal is to replace feelings of helplessness with the knowledge of leverage. You will leave each course with more & more confidence and information to protect yourself with environmental, behavioral, verbal, physical & mental abuse.



PiYo STRENGTH is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. In a nutshell, PiYo Strength will rock your world! Once you try it, you'll find that PiYo Strength is unlike any other format, and guess what? You'll love it. Don't worry, there is no previous experience required. **Bring yoga mat to class.**

AM CLASS:

Day: Thursdays –**Chantell**
Time: 9:30-10:30 am
Fee: \$45.00 (m&m \$75.00)
Location: TEAMFIT
Session I: Jan 19 – Feb 23
Session II: Mar 8 – April 12

PM CLASS (NEW!!!):

Day: Friday **Chantell**
Time: 6:00 – 7:00 pm
Fee: \$45.00 (m&m \$75.00)
Location: TEAM FIT
Session I: Jan 20 – Feb 24
Session II: March 9 – April 13

2012 Schedule

Saturday; 1-3pm

Jan 21

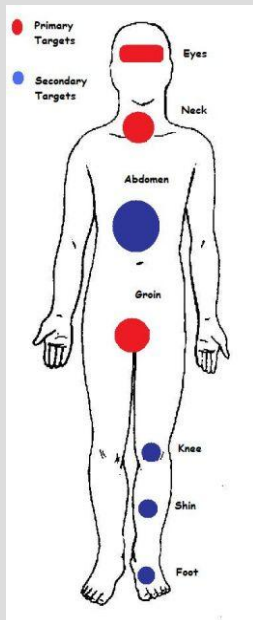
Feb 18

March 17

\$35.00/2 hour session

Pre-registration is a **MUST!**

**Hosting Location: Team Fit,
Chesterfield**



Team Fit - Winter 2012 Class Schedule

TNT (f/k/a Weight Training for Weight Loss):

Did you know that fat takes up 3x the amount of mass than muscle? Did you know that you can burn more calories by lifting weights than by cardio alone? Increase everyday strength, boost metabolism and build lean, sleek muscles without the bulk. This no-nonsense, compound body sculpting class will aid you in building definition as well as endurance. Every workout is not only different, but challenging so that you will never hit fitness plateau. Great workout for all levels. Please bring fitness mat to class. Join us for Tone N Trim!

FEES: \$36.00 (or m&m \$58.00)

AM CLASS

Day: Monday - **Jill**
Time: 10:30-11:30 am
Location: TEAM FIT
Session I: Jan 23 – Feb 27
Session II: March 5 – April 9

PM CLASS

Day: Tuesday- **Lindsay**
Time: 6:00-7:00 pm
Location: TEAM FIT
Session I: Jan 17 – Feb 21
Session II: March 7 – April 10

WEEKEND!

Day: Saturday - **Shawn**
Time: 10:00-11:00 am
Location: TEAM FIT
Session I: Jan 21– Feb 25
Session II: Mar 10 – April 17

Super Saturday Morning:

Take your workout to the next level with our Saturday morning workout. With an intense, but easy to follow cardio segment; this class is designed to always keep your heart rate in the fat-burning zone. Full range toning then follows with proven standing and seated exercises chosen to incorporate both variety and tempo variations. Then its ab firming floor work – an effective mix of Pilates and crunches.

Day: Saturday **Shawn**
Time: 9:00 – 10:00 am
Fee: \$36.00 (m&m \$58.00)
Location: TEAM FIT
Session I: Jan 21 – Feb 25
Session II: Mar 10 – April 17

REMINDER: Please bring a fitness/yoga mat for programs that require usage.

Team Fit - Winter 2012 Locations



TEAM FIT/Main Base (TEAMFIT)

47139 Gratiot Ave.
N/W corner of 21 Mile Road (586) 709-2194

CLINTON TOWNSHIP:

Erie Elementary School: (ERIE)
42276 Romeo Plank (between Cass and Canal)
CV registration: (586) 723-2058
ConCorde Swim & Fitness Club: (CON)
44315 Gratiot Ave.; located inside the ConCorde Inn
(just South of Hall Road)



MORC: (MORC)

16200 19 Mile Road (between Garfield & Hayes)

St. John Macomb-Oakland Hosp. Clinton Twp. Physical Therapy

37400 Garfield Road, Suite 200; North of Metro Parkway
for registration, please call (586) 263-5220
Wyandot Middle School: (WYANDOT)
39490 Garfield Road. (North of 17 Mile)
CV registration: (586) 723-2058

MACOMB TOWNSHIP: CV registration: (586) 723-2058

Cheyenne Middle School: (CYEYENNE)
47600 Heydenreich
(North of 21 Mile Road)
Ojibwa: (OJIBWA)
46950 Heydenreich; S/E corner of 21 Mile Road

SHELBY TWP.

Henry Ford Macomb Hospital Center for Weight Management (HF)
50505 Schoenherr Rd - S 23 Mile Road; Suite 20 (LL)
(inside Shelby Macomb Medical Mall)
for registration, please call (586) 263-2410
St. John Macomb – Oakland Hospital-Rehab
17900 23 Mile Rd, Suite 401 (s/w corner of Romeo Plank)
for registration, please call (586) 868-9040

ST. CLAIR SHORES: Adult Ed: (586) 285-8880

Born Center: (BORN)
23340 Elmira Street 2 blocks N. of 14 mile off Harper
Masonic Elementary School: (MASONIC)
2200 Masonic Boulevard
Rodgers Elementary (RODGERS)
21601 L'Anse; corner of Harper, btwn Martin 12 mile

GROSSE POINTE:



Eastside Tennis & Fitness (ETF)
18201 East Warren (south of Moross; West of Mack Ave.)
For registration: (313) 886-5647

MADISON HEIGHTS: registration: (888)751-5465

St. John Macomb-Oakland Hosp./Oakland Center
27351 Dequindre, in the Educational Center

PROGRAM REGISTRATION FORM

Student's Last Name _____ First Name _____
 Address _____ City _____ Zip _____
 Email Address _____
 Home Phone (____) _____ Cell Phone (____) _____

Participant's Name (Last/First)	Birthdate mm/dd/yy	M/F	Activity Name	Days	Times	Fee

Total: _____

Release Agreement - In consideration of being permitted to participate in the activity of use of any facility in connection with this activity, the undersigned agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue Team Fit, Inc., Jill Turvey, the class instructor, ConCorde Swim and Health Club, Eastside Tennis and Fitness, MORC, its employees, officers and agents (hereinafter referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees of otherwise while the undersigned is participating in the activity or using any facility in connection with the activity.
2. There is a risk of injury, both serious and minor, associated with participation in activities offered at Xtreme Fitness, ConCorde Swim and Health Club, located at 44315 Gratiot Ave., Clinton Township, MI (hereinafter referred to as "ConCorde"), Team Fit, located at 47139 Gratiot Ave., Chesterfield, MI (hereinafter referred to as "Team Fit"), Eastside Tennis & Fitness, located at 18201 East Warren Ave., Detroit, MI (hereinafter referred to as "EST"), MORC (Macomb Oakland Regional Center; hereinafter referred to as "MORC"), located at 16200 19 Mile Road, Clinton Twp., as well as any and all other participating facilities which Team Fit, Inc. associates and conducts fitness classes/training at. The risks may increase in activities involving physical contact, running, jumping or otherwise leaving one's feet, sliding, diving, or interaction with equipment used in such activities. The risks may include, but are not limited to: injury to the skin, head, neck or spine (including paralysis); injury to the muscular or skeletal systems; injury to internal or external organs; loss of or damage to sight, hearing, or teeth; death; long or short-term disability; loss of income; career opportunities or the enjoyment of life; pain; scarring; or disfiguration.
3. The undersigned hereby agrees to indemnify and hold harmless the releasees from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in these facilities and equipment whether caused by any negligent act or omission of the releasees or otherwise.
4. The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon the properties or participating in the activity or using any facility and equipment whether caused by any negligent act or omission of the releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof by held invalid, notwithstanding, the balance shall continue in full legal force and effect. It is the responsibility of each individual to have health insurance coverage sufficient to provide for medical or dental services and/or equipment required to treat any injury, minor or catastrophic, sustained or incurred as a result of participating in activities at Team Fit, ConCorde, EST, MORC and/or any program hosted on public school facility grounds and to certify that such insurance coverage is so held.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this Agreement, including that it prevents me from suing Team Fit, Inc., Jill Turvey, the class instructor, ConCorde, ETF, Xtreme Fitness, MORC or any other facility in which Team Fit, Inc. conduct fitness classes/training, or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in said activity. I further acknowledge that no oral representations, statements or inducements have been made. This Agreement is binding and can not be frozen and is non-transferable for any reason. There are no refunds after the second meeting day of program.

Signature _____ Print Name _____ Date _____