



Winter 2012 Class Schedule

St. Clair Shores ~ Grosse Pointe District

20/20/20:

Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. A fun way to lose weight and inches while increasing stamina and metabolism.. Please bring hand held weights and exercise mat to class.

Days: Tuesday/Thursday **Stacie**
Time: 6:30-7:30 pm
Fee: \$61.00
Location: MASONIC
Session begins: Jan 24th



This program is also offered at Eastside Tennis & Fitness. Please scroll down to view schedule!

New for Winter!

TNT: {Tone N Trim}

Blast away the inches with Tone & Trim! This total body workout will define and sculpt your arms, legs, gluts and abs. Burn fat and increase your energy level using weights and resistance. Each class ends with a relaxing stretch to relieve stress and make you feel fantastic! Please bring a mat, water and hand-held weights to get the results you want!. Great workout for all levels

Day: Wednesday **Jill**
Time: 7:15-8:15pm
Fee: \$45.00
Location: RODGERS
Session begins: Jan 25th

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: Tuesday/Thursday **Stacie**
Time: 7:30-8:00 pm
Fee: \$25 one day or both days for \$42
Location: MASONIC
Session begins: Jan 24th

PLEASE BE ADVISED:

- * All classes are subject to change or be canceled due to low enrollment.
- * Make-up classes are allowed within the same session period only.
- * Full payment is due upon registration. Cash or personal checks are accepted. A \$15.00 fee will be assessed for returned checks; Contact St Clair Shores Adult Education for further registration guidelines at (586) 285-8880.
- * Session memberships are binding, non-transferable and can not be frozen or carried over for any reason.
- * Team Fit reserves the right to cancel any program due to low enrollment. A full refund would then be issued or applied to another program.
- * No refunds given after the second meeting day of the program. If refund is requested, a \$10.00 fee will be assessed.



Take salsa, merengue, tango, flamenco, calypso, cha-cha, hip-hop and belly dancing, put them into a workout routine and you get Zumba! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and burn 600 calories or more in just 1 class! Great for all ages and fitness levels. Great stress reliever!

Day: Wednesdays - **Andrea**
 Time: 6:15-7:15 pm
 Fee: \$40.00
 Location: RODGERS LARGE GYM
 Session begins Jan 25th

Day: Saturdays **Marie**
 Time: 9:00-10:00am
 Fee: \$40.00
 Location: RODGERS SMALL GYM
 Session Date: begins Feb. 4th



This program is also offered at Eastside Tennis & Fitness. Please scroll down to view schedule!

(586) 709-2194 www.teamfitcorp.com
Fitness for Fun, Fitness for Life!



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

AM CLASS:

Days: Monday **Dorothy**
 Time: 9:30-10:30 am
 Fee: \$40.00
 Location: BORN/North Lake HS
 Session Begins Jan 23rd

PM CLASS:

Day: Thursday -**Angela**
 Time: 7:00-8:00 pm
 Fee: \$40.00
 Location: RODGERS LARGE GYM
 Session begins: Jan 26th

New for Winter!

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: Tuesday - **Cat**
 Time: 7:00-8:00 pm
 Fee: \$40.00
 Location: RODGERS (large Gym)
 Session begins: Jan. 24th

Team Fit - Winter 2012 Class Schedule



FOLLOWING CLASSES HOSTED AT EASTSIDE TENNIS & FITNESS IN GROSSE POINTE DISTRICT. (schedule is ON-GOING basis. Class rate \$8.00 & is paid at the time of class to ETF)

Cardio Rush

This fitness class is designed for those who want a challenging workout and a good sweat. It combines cardiovascular and muscular endurance exercises. The cardio segment can incorporate low impact, high impact, kickboxing and sports conditioning to get the heart rate pumping and blood flowing. The strength segment can incorporate weights, body bar, tubing and Swiss ball to tone and define the muscles. The class will conclude with abdominal exercises to tighten and strengthen the core.

AM CLASSES:

Tues/Thurs – **Dru**
6:00-7:00 am

Tuesday- **Chantell**
9:00-10:00 am

Sets and Reps:

Thurs: 9-10am W/ LINDSAY

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.**

Mon: 9-10am W/ CHANTELL
Sat: 9:45-10:45am W/ CHANTELL



Take salsa, merengue, tango, flamenco, calypso, cha-cha, hip-hop and belly dancing, put them into a workout routine and you get Zumba! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and burn 600 calories or more in just 1 class! Great for all ages and fitness levels. Great stress reliever!

Wed: 9-10am w/ Dru

FYI: TO ENSURE THE PROGRAM RUNS SUCCESSFULLY, PLEASE REGISTER PRIOR TO THE FIRST DAY!



MEN POWER!!!

t/th 6-7am @ Team Fit
\$60.00 for 4 wk session

Have you become bored out of your mind with *fancy-schmancy fitness clubs* and gyms that are jam packed with useless cardio equipment and spandex-wearing pansies that attend the Jazzercise classes?

Let's face it... you simply want to **lose your gut**, build some lean, **rock solid muscles**, increase your energy, self-confidence, and heck - even **boost your sex drive!** You want to play flag football with 'the boys' and **maintain your stamina**, you want to chase your kids in the yard without feeling drained in 5 minutes, you want to feel like a stud when you **take your shirt off at the beach** and most of all you want to maintain your health and strength (*after all without it what good are you to your loved-ones or family?*) Well... If **any** of the above sounds like you, then you are ready for our...

MEN'S FITNESS BOOT CAMP

Here's what your 4 week membership will yield you:

Construct rock solid muscles, lose body fat, maintain electrifying energy, variety of exercises/formats to eliminate fitness plateau and boredom.

Join the men on Tuesdays and Thursdays to embark the day together!

Next Session Begins Jan. 10, 2012 @ Team Fit, Chesterfield

TEAM F.I.T. CAMP



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

M/W/F 5:45am-6:45am

\$115 w/ supplements; \$90.00 w/o

For registration guidelines please visit our web site or call Jill at (586) 709-2194

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 workout variation and give you the best routine possible.

THIS PROGRAM WILL BE OFFERED AT THE FOLLOWING LOCATION FOR 2012 WINTER TERM:

NEXT SESSION'S INFORMATION:

**CHESTERFIELD/
MACOMB AREA**

**Time:
Camp Leader:
Session dates:**

**TEAM FIT
(21 Mile Road; West of Gratiot Ave.)**

**5:45am-6:45am
Jill Turvey
Jan 9 – Feb. 3; Feb. 6- March 2;
March 5- March 30**

(3 days/wk; 4 week session)

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

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

Clients come to us for a myriad of reasons:

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



fitness boot camp

(boot camp style workout + supplements) =

RESULTS!!

T/Th 6-7am

\$85.00 w/supplements; \$60.00 w/o

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.

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. In a F.I.T. Challenge workout you will see one of those principals, a combination of any two, or all three. Classes are started with a 10-15 minute 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. Showers and full lockers room available at no extra charge for morning program so there is no excuse for you to exercise before work!

NEXT SESSIONS INFORMATION:

Days: T/Th 6-7 AM

4 wk. session: Jan 10-Feb. 2; Feb. 7-March 1; March 6-March 29

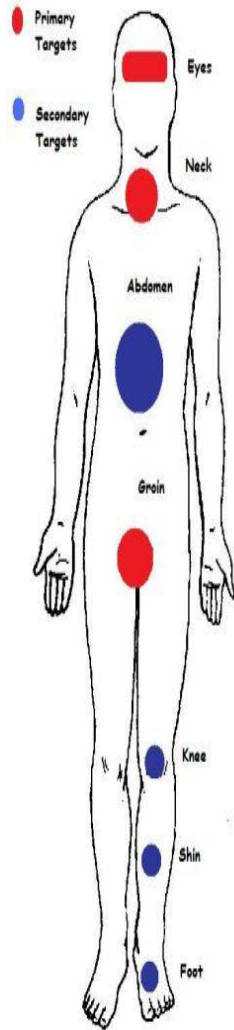
Location: ConCorde (Jill) *showers provided at this location with no additional costs.

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

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

* Enrollment must be within the same session period

Women's Self Defense Saturdays:



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.

2012 Schedule

Saturday; 1-3pm

Jan 21

Feb 18

March 17

\$35.00/2 hour session

Pre-registration is a **MUST!**

Team Fit, Chesterfield

N/W corner @ 21 Mile/Gratiot Ave.

Team Fit - Winter 2012 SCS/Grosse Pointe Locations

St. Clair Shores:

Please contact district to enroll: (586) 285-8880

Born Center/North Lake HS: (BORN)

23340 Elmira Street 2 blocks N. of 14 mile off of Harper

Masonic Elementary School: (MASONIC)

2200 Masonic Boulevard

Rodgers Elementary School: (RODGERS)

21601 L'Anse (Corner of Harper, btwn Martin & 12 Mile)

Chesterfield: (586) 709-2194

Team Fit: (TEAM FIT)

47139 Gratiot; N/W corner of 21 Mile Road

Clinton Twp:

ConCorde Swim and Fitness Club: (CON)

44315 Gratiot Ave.; located inside the ConCorde Inn
(just South of Hall Road)

Macomb Twp:

L'Anse Creuse North High School (LCN)

23700 21 Mile Road; (21 Mile; just East of North Ave.)



Grosse Pointe: (313) 886-5647

Eastside Tennis & Fitness

18201 East Warren Ave.

PLEASE NOTE:

Team Fit also has on-going classes with the following format:

- **Power Cycling**
- **Pilates**
- **PiYo Strength**
- **Yoga (Hatha, Fitness, Hot, Pre-natal)**
- **Hip Hop Fitness**
- **Personal/Small Group Training**
- **Tai Chi**
- **Fully Figured Yoga**
- **Boot Camps**

See company's web site for more details on where these classes are offered at. www.teamfitcorp.com

Or contact us directly:

via phone: (586) 709-2194

via email: teamfitcorp@hotmail.com