

1/23/2013		WWW.FITNESSRXONLINE.COM (248) 488-9830				
		info@fitnessrxonline.com		WINTER 2013	SPRING	SUMMER
				start date	start dates	start dates
	TEACHER	248-488 9830	*ANN ARBOR	WINTER	SPRING	SUMMER
1420 Hill St	Lisa	Zumba gold	Mon 9:30 am- 8 weeks	14-Jan		
LOCATION	TEACHER	248-370-9353	*AUBURN HLS	WINTER	SPRING	SUMMER - 8
1827 Squirrel	Carrie	Definity total body workout	Mon. 5:45 p.m. -12 weeks			
1827 Squirrel	Kathy F	Pilates Mat	Tues. 6:00 p.m. -12 weeks	8-Jan		
LOCATION	TEACHER		* BERKLEY	WINTER (8)	SPRING (8)	SUMMER
Tyndall	Lisa H	Zumba with Ab Toning	Mon 6:15 p.m.- 8 weeks	28-Jan	25-Mar	
Tyndall	Christina	Arms, Legs and Abs	Thurs. 6:30 p.m.- 8 weeks	17-Jan	28-Mar	
Tyndall	Hillary	Yoga/Pilates Synergy	Tues. 7:30 p.m. -8 weeks	15-Jan	26-Mar	
Tyndall	Hillary	Definity Total body w/o	Tues. 6:30 p.m. -8 weeks	15-Jan	26-Mar	
Tyndall	Hillary	Prenatal Yoga	Wed. 6:30 p.m.-8 weeks	16-Jan	27-Mar	
Tyndall	Carrie	Boot Camp	Wed. 7:30 p.m.-8 weeks	16-Jan	27-Mar	
LOCATION	TEACHER		* * BLOOMFIELD HILLS	WINTER	SPRING	SUMMER
Lahser H S	Cherie	Arms, Legs and Abs	Sat 10:00 am- 10 weeks	19-Jan	13-Apr	
LOCATION	TEACHER		* CHIPPEWA VALLEY COMM ED	WINTER	PRING- 8 week	SUMMER -8
Ottowa gym	Cherie	Core training	Thurs 6:30 pm- 10 weeks	24-Jan	26-Apr	
LOCATION	TEACHER		* *CLARKSTON	WINTER	SPRING	SUMMER
Bay-court Park	Sabreen	Yoga Pilates	Tues 6:30 p.m.8 weeks	22-Jan	19-Mar	
info@fitnessrxonline.com		FARMINGTON HILLS	248-488-9830	WINTER	SPRING	SUMMER
12/Halsted	Angie Kielar	Yoga Basics	Sun 11:00 a.m.-10 weeks	6-Jan		
LOCATION	TEACHER		HARPER WDS	WINTER	SPRING	5 WEEKS
Beacon Elem	Heather T	Zumba	Mon 6:00 PM- 5 weeks	14-Jan	4-Mar	
Beacon Elem	Burrell	Boot camp	Mon 7:00 PM- 5 weeks	14-Jan	4-Mar	
Beacon Elem	Heather T	45 + salsa toning	Thurs 6:30 PM- 5 weeks	17-Jan	28-Feb	
	TEACHER		* HOWELL	WINTER	SPRING	SUMMER
Barnard C C #5	Denise J	Yoga Pilates synergy-	Tues 7:00 pm- 10 weeks	22-Jan	9-Apr	
LOCATION	TEACHER		*HUNTINGTON WDS	WINTER- 8 wk	SPRING- 8 WK	SUMMER
26325 Scotia	Janet R	Pilates	Wed 7:45 pm- 8 weeks	16-Jan		
26325 Scotia	Janet R	Zumba for kids	Friday 3:30 p.m. -8 weeks	18-Jan		
26325 Scotia	Lisa H	Zumba with Toning	Tues 7:00 p.m.-8 weeks	15-Jan		
LOCATION	TEACHER		* LINCOLN PARK	WINTER	SPRING	SUMMER
Bandshell	Dawna	Kid's Hip Hop	Friday 4:15p.m. -8 weeks	18-Jan	15-Mar	
Bandshell	Dawna	Tumbling 2-4 years	Mon 10:00 am- 8 weeks	11-Feb	8-Apr	
Bandshell	Paulina	Gymnastics 5-8 yrs	Thurs 5:00 p.m- 8 weeks	17-Jan	14-Mar	
Bandshell	Maria C	Women on Weights	Thurs 7:00 p.m.-8 weeks	17-Jan	14-Mar	
LOCATION	TEACHER		*MADISON HEIGHTS REC	WINTER	SPRING	SUMMER

City Hall- Lower L	Dawna	Zumba	Wed 5:30 p.m.-10 weeks	9-Jan		
City Hall- Lower L	Christina	Total body w/o	Wed. 6:30 p.m.-10 weeks	9-Jan		
NOVI PARKS				WINTER	SPRING	SUMMER
Novi Civi Ctr	Tosha	Arms Abs and Legs	Tues 7:30 pm- 6 weeks	15-Jan	19-Feb	
Novi Civi Ctr	Karen Maestri	Total body	Thurs 7:15 pm - 5 weeks	24-Jan	7-Mar	
Novi Civi Ctr	Karen Maestri	Definity Total body w/o	Mon 6:30 pm- 6 weeks	7-Jan	4-Mar	
* RAY				WINTER	SPRING	SUMMER
64255 Wolcott Rd	Amy T	Zumba gold	Wed 6:30 PM- 8 weeks	6-Feb	20-Mar	
64255 Wolcott Rd	Amy T	Yoga	Wed 7:30 PM- 8 weeks	6-Feb	20-Mar	
* ROCHESTER COMM ED				WINTER	SPRING-	SUMMER- 8
Rochester H S	Cherie B	Core training	Mon 7:00 pm -	14-Jan	18-Mar	17-Jun
ROSEVILLE PARKS				WINTER	SPRING	SUMMER
18185 Sycamore	Claudette	Yoga	Mon 7:15 pm- 6 weeks	7-Jan	25-Feb	
SALINE SENIOR CENTER				WINTER	SPRING	SUMMER
7190 N. Maple Rd	Lisa	Zumba Gold	Wed 9:30 Am- 8 weeks	2-Jan	27-Feb	
LOCATION	*SOUTHFIELD SENIOR CENTER			WINTER	SPRING	SUMMER
Southfield Sr Cent	Dawna	Zumba Tone/50 yrs +	Thurs 6:00 PM- 8 weeks	10-Jan	2-May	
Southfield Sr Cent	Dawna M	Zumba Gold 50 yrs plus	Mon. 6:00 p.m.-8 weeks	7-Jan	29-Apr	
LOCATION	TEACHER	WAYNE WESTLAND		WINTER	SPRING	SUMMER
Wayne Mem H S		Yoga Pilates synergy	Thurs 6:30 pm- 8 weeks	17-Jan	21-Mar	
LOCATION	TEACHER	CLASS	WEST BLOOM	WINTER	SPRING	SUMMER
Drake Sports Pk	Cherie	Golf Conditioning	Fri 6:00 pm- 7 weeks	18-Jan	22-Mar	

Compatibility Report for 09-10 SCHEDULE.xls
Run on 5/6/2011 8:08

The following features in this workbook are not supported by earlier versions of Excel. These features may be lost or degraded when opening this workbook in an earlier version of Excel or if you save this workbook in an earlier file format.

Minor loss of fidelity

of occurrences

Some cells or styles in this workbook contain formatting that is not supported by the selected file format. These formats will be converted to the closest format available.
--

2

Version

Excel 97-2003
