



Classes Being Offered by



One Life Fitness, LLC



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

8-Week Fall Session (September 18 – November 18, 2017)				
Class Type	Dates	Days	Time	What to Bring
Heart Smart Fitness (SS/Flex)	September 18 – November 13	Mon*, Wed & Fri*	10:15 - 11:15 AM	Light Weights and Resistance Bands w/Handles
Yoga/Stretch (*SS/Flex)	September 19 – November 9	Tue* & Thu*	10:30 – 11:30 AM	Mat & Yoga Block
Zumba	September 23 – November 18	Sat	11:30 – 12:30 PM	NA
Cardio Kick & Tone	September 23 – November 18	Sat	10:30 – 11:30 AM	Mat & Yoga Block
<i>There will be no class on November 10th & 11th due to the Holiday. Makeup classes will be held week of Nov 13th.</i>				

Cost: \$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)

~\$5 or Less Per Class

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Must have a minimum of 10 participants registered in each class by September 15th

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 Description: 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!

Cardio Kick & Tone: A cardio and toning workout in one! Join us for an energizing and fun class that incorporates elements of high- and low-impact aerobics, cardio kickboxing, toning and ab work for a total body workout! You will burn fat, improve balance and flexibility, sculpt, shape, and increase muscle tone, all in a friendly, social environment. All fitness levels are welcome.

Registration: Register Now! Visit or contact the Lathrup Village Recreation Department 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 and \$5 late registration fee if you register after 9/15.**

Don't Delay!! Register today!

Space is limited!

www.1lifefitness.com

