

MARCH FITNESS SCHEDULE

Now Enrolling!

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Fees:

6 visit passes

Boarding Pass Plus: \$30

Boarding Pass: \$36

Non-Member Resident: \$42

Non Member Non Resident: \$48

\$9 drop-in fee**

**drop in fee does not include use of facility.

8am-9am Seniorcize Aisha	8am-9am Sport Circuit Aisha		10am-11am Power Pilates Aisha		8am-9am Pilates Sandy	
10am-11am Step Aisha	10am-11am Pilates/Body Tone Aisha	8am-9am Pilates/Yoga Sandy			9am-10am X-Treme Warrior Aisha	
5pm-6pm Yoga Regina		9am-10am Aerobics/ Kickboxing Sandy				1pm-2pm Zumba Margie
5:30pm-6:30pm MMA/Kickboxing Anthony		10am-11am X-Treme Bootcamp—Aisha	5:30pm-6:30pm MMA/Kickboxing Anthony			
6pm-7pm Beginners Zumba Margie	6pm-7pm Yoga Sandy	5pm-6pm Yoga Regina				
7pm-8pm Cardio Fit Ronnie	6pm-7pm X-Treme Warrior Aisha	6pm-7pm Beginner Cardio Fit—Ronnie	6pm-7pm X-Treme Warrior Aisha			
	7pm-8pm Pilates Sandy	7pm-8pm Cardio Fit Ronnie		7pm-8pm Hip-Hop Hustle Ronnie		



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