Elements of Exercise Presents

FITNESS ON THE RIVER SERIES

Classes held at BASF Park Waterfront Wyandotte - Along Detroit River, south of Eureka, meet at the Pavilion

$10 per class, 5 classes $45, 8 Classes $60

Monday June 22, 2015- 7pm-8pm- **POUND ROCKOUT** Workout with Angie*

*Mat needed

Wednesday June 24, 2015- 6pm-7pm –**Zumba Toning** with Amanda*

*Water needed

Tuesday June 30, 2015-6pm-7pm-**BOOTCAMP** with Julie*

*5-10lbs weights and mat needed

Thursday July 2, 2015 9am-10am **Zumba Gold** with Jamiele*

*water needed

Tuesday July 7, 2015-6pm-7pm **Modern Line Dancing** with Mellissa

*water needed

Wednesday July 15, 2015-7pm-8pm **Zumba** with Kara*

Tuesday July 21, 2015- 7pm-8pm **Total Body Sculpt** with Jayne*

*weights and mat needed

Wednesday July 29, 2015-7pm-8pm Pilates Yoga Fusion with Veronica*

*Mat needed

Call 1-888-363-3635 to

Pre- purchase class pass or more info!

WWW.ELEMENTSOFEXERCISE.COM