

# AEROBICS



**WHEN:** MONDAY – STEP AEROBICS  
TUESDAY – INTERVAL & TONING  
WEDNESDAY – STEP AEROBICS  
(INCLUDES BODY TONING EACH DAY)

**TIME:** 5:15 – 6:15 PM

**WHERE:** THE HARBOR CHURCH  
2130 FORD AVENUE (NORTHLINE)  
WYANDOTTE (USE ENTRANCE DOOR OFF ALLEY)

**COST:** \$2.00 PER CLASS DROP IN FEE OR  
\$2.00 PER CLASS (IF PAID MONTHLY IN ADVANCE)

WHAT YOU WILL NEED: COMFORTABLE CLOTHES, CROSS TRAINING SHOES, HAND TOWEL & BOTTLE OF WATER. AEROBIC STEP, HAND WEIGHTS & MATS ARE PROVIDED

FOR MORE INFORMATION, CALL THE RECREATION OFFICE AT  
(734) 324-7292 OR (734) 324-7295

JOIN ANYTIME!