











<b>MONDAY</b>	 6:15-7:15 PM Novi Woods/Gym 25195 Taft <b>Novi, 48374</b> Bring Hand Weights & Mat	 6:30-7:30 PM Jon Grant/ FS#3 29260 Grand River <b>Farmington, 48336</b> Bring Mat & Hand Weights	 7:30-8:15 PM Novi Woods/Gym 25195 Taft <b>Novi, 48374</b> No Equipment Needed	 7:35-8:20 PM Jon Grant/ FS#3 29260 Grand River <b>Farmington, 48336</b> No Equipment Needed	 7:00-8:00pm Country Oaks/Cafeteria 5070 South Duck Lake <b>Commerce Twp, 48382</b> Bring Mat & Hand Weights
<b>TUESDAY</b>	 <b>5:30-6:15 PM</b> Riley (south gym) 15555 Henry Ruff <b>Livonia, 48154</b> No Equipment Needed	 6:30-7:30 PM Riley (south gym) 15555 Henry Ruff <b>Livonia, 48154</b> Bring Mat & Hand Weights	 <i>with Body Toning!</i> 6:30-7:30 PM Seaholm/Cafeteria 2436 W Lincoln St <b>Birmingham, 48009</b> Bring Hand Weights	 6:30-7:30 PM Costick Center 28600 Eleven Mile <b>F Hills, 48336</b> Bring Mat/Hand Weights	 7:00-7:45pm: Zumba 7:45-8:00pm: <i>BONUS</i> Abs Kurtz Cafeteria 1350 Kurtz Dr <b>Milford, 48381</b> Bring Mat for Bonus Abs
<b>WEDNESDAY</b>	 6:30-7:30 PM Jon Grant/ FS#3 29260 Grand River <b>Farmington, 48336</b> Bring Hand Weights	 7:00-8:00pm Country Oaks/Cafeteria 5070 South Duck Lake <b>Commerce Twp, 48382</b> Bring Mat & Hand Weights	<p><b>www.FitnessMotivators.com</b></p> <p><b>FREE4ALL WEEK February 13 - February 18, 2012*</b></p> <p>* Tuesday (2/14), Novi 45-min Zumba class will not meet due to a school activity.          Please check the schedule page for any up-to-date changes before heading out.  <a href="http://debbielim.com/Schedule.html">http://debbielim.com/Schedule.html</a> 248.987.6930</p>		
<b>THURSDAY</b>	 ZUMBA MIX 5:30-6:15 PM Costick Center 28600 Eleven Mile <b>F Hills, 48336</b> OPTIONAL: Bring Zumba Toning Sticks or 1-2 lb. Hand Weights	 6:30-7:30 PM Costick Center 28600 Eleven Mile <b>F Hills, 48336</b> Bring Mat & Hand Weights	 Thursday 7:00-7:45pm 7:45-8:00pm: <i>BONUS</i> Abs! Kurtz Cafeteria* 1350 Kurtz Dr <b>Milford, 48381</b> Bring Hand Weights & Mat	 <i>with Body Toning!</i> 7:00-8:00 PM Cass (gym) 34633 Munger <b>Livonia, 48154</b> Please bring hand weights	 <i>with Body Toning!</i> 7:00-8:00 PM Orchard Hills/Cafeteria 41900 Quince <b>Novi, 48375</b> Bring Hand Weights
<b>SATURDAY</b>	 <i>with Body Toning!</i> 9:30-10:30 AM Jon Grant/ FS#3 29260 Grand River <b>Farmington, 48336</b> Bring Hand Weights	<b>NOTES:</b>			