

TRY US AND EXPERIENCE THE DIFFERENCE

Fitness Motivators

Leaders in Offering Quality, Fun Fitness Classes Since 1988!



**ALL LEVELS
ALL BODIES
ALL AGES
RESULTS DRIVEN!**

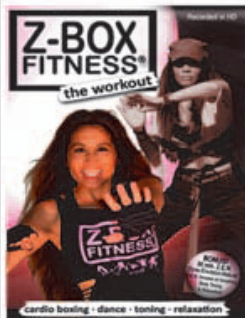
Non-Intimidating Atmosphere!

ZUMBA

See why Fitness Motivators is so popular teaching Zumba® AND was the first in Livonia to offer it! Zumba® is not your average cardio class! Latin inspired music and a combination of fast and slow rhythms promises to tone and sculpt your body while having a great time. Unlike others, this class is taught the original Zumba® style! Authorized Zumba (ZIN Members) instructors, pros in the fitness industry! Equipment: *Weights for Cass*



Riley: Tuesdays, 5:30-6:15pm Cass: Thursdays, 7:00-8:00pm
\$50.00/10 Classes/45mins \$56.00/10 Classes/60mins



Z-BOX FITNESS

Experience the difference. Boxing, Dancing, Body Toning, Mat, and Relaxation = Z-Box Fitness®. Z-Box blends the hippest dance moves mixed with basic boxing moves. You will complete Z-Box with a host of resistance training and relaxation. This class is the quickest way to get fit, lose fat, and be supercharged for optimal fitness. Throw in the weights and you speed up the process! Aromatherapy used. *Equipment: Mat, Weights*

NEW DVD!

Riley: Tuesdays, 6:30-7:30pm
\$56.00/10 Classes/60mins

REGISTER NOW FOR CLASSES



AFFORDABLE! YOU GO YOUR OWN PACE!

\$7.00/Walk-Ins - NEW!

Riley (south gym) 15555 Henry Ruff

Cass (gym) 34633 Munger

Registration, Weather Closures, etc,

Go to Website or Call Below



or: **MeFit.CO**

MORE CLASSES, LOCATIONS, Z-BOX DVD, & INFO AT:

www.FitnessMotivators.com

248.987.6930

REGISTER NOW AND GET A FREE FITNESS BRACELET!