



FITNESS MOTIVATORS

Fitness Motivators is not a traditional gym. The Fitness Motivators Team (FM Team) of Trainers believes in personalized, balanced fitness goals. The benefits of taking the FM Team classes includes, but are not limited to: weight loss, increased stamina, stress relief, increased physical strength, better mental focus and improvements to your overall health. While many fitness groups come and go, Fitness Motivators has been a fixture in the Detroit area since 1989. For ALL FITNESS LEVELS and ALL AGES. Most FM classes are team-taught at various levels at the same time, so beginners will NOT be intimidated and advanced students will be challenged. The FM Team will help you feel stronger and more empowered – Are YOU ready to take control of who you are and what you want from this life? The FM Team says... Let's Do This Together! For more information, visit us at www.fitnessmotivators.com or call 248-987-6930! Don't forget about our drop in option! – Drop-In rate of \$10 per class once minimum number is reached.

INTERVAL TRAINING

Fitness Motivators' original and most popular class since 1989 continues to be offered in your community! Interval training can be a very effective way for you to lose weight faster and make workouts more enjoyable. Benefits include: more calories burned in a shorter amount of time, improved coordination and improved ability of the body to use fat as fuel! A VERY motivating class AND you go at your own pace because this class (as well as all of our classes) is geared for ALL fitness levels! PLEASE NOTE: Equipment (provided by student): heavy and light hand weights and mat. Please register early to avoid cancellation due to low enrollment. Drop-In rate of \$10 per class once minimum number is reached.

Class #	Date	Day	Time	# Wks	Age
2554-F19A	Sep 9 – Oct 21	Mon	6:30-7:30pm	6	16+
2554-F19B	Nov 4 – Dec 16	Mon	6:30-7:30 pm	7	16+

Instructor: Fitness Motivators / Laura

Price:

Session A: Resident \$42/ Non-Resident \$47

Session B: Resident \$49/ Non-Resident \$54

No Class: Sep 16

Location: Parkview Gym

45 MINUTE ZUMBA

We were the first to offer Zumba in the city of Novi and we still offer the best Zumba classes! Need your cardio on? Why not take our 45-Minute Zumba class with Fitness Motivators? 100% cardio dance = a fun and effective workout! Not only will the music be inspiring, the dancing and fun will be contagious! Our Fitness Motivators classes are designed to tone the entire body from top to bottom. All levels, all ages (Ages 16 – adult). Please register early to avoid cancellation due to low enrollment. Drop-In rate of \$10 per class once minimum number is reached.

Class #	Date	Day	Time	# Wks	Age
2529-F19A	Sep 9 – Oct 21	Mon	7-7:45pm	6	16+
2529-F19B	Nov 4 – Dec 16	Mon	7-7:45pm	6	16+

Instructor: Fitness Motivators / Kathy

Location: Novi Woods Gym

Price: Resident \$42 / Non-Resident \$47

No Class: Sept 23, Nov 11

ALL LEVEL BOOTCAMP

ANY LEVEL can do this class and it is a total body workout without yelling in your face! By the end of the session, your stamina, strength, and confidence will go up a notch or two! We deliver serious results with the highest quality Bootcamp! Fitness Motivators Bootcamp is designed for fast and serious weight loss and we offer a realistic program of exercise aimed at achieving individual physical fitness goals, cardiovascular endurance, muscle strength, excess body fat loss and personal appearance. Equipment (provided by student): hand weights (heavy and light weights), mat & jump rope. Please don't wait to register! Drop-In rate of \$10 per class once minimum number is reached.

Class #	Date	Day	Time	# Wks	Age
2525-F19A	Sep 14 – Oct 26	Sat	9:30-10:30am	7	16+
2525-F19B	Nov 9 – Dec 20	Sat	9:30-10:30am	7	16+

Instructor: Fitness Motivators / Laura

Location: Parkview Gym

Price: Resident \$49 / Non-Resident \$54