

Specialty Classes



**6 CLASSES PLUS 1 BONUS CLASS,
6 WEEKS FOR ONE LOW PRICE!**

Sign up for one specialty class and receive unlimited access to all six classes for six weeks—Kettlebell, Zumba, Aqua Zumba, Zumba Toning, Zumba Gold, Z-Kick plus Belly Dancing!

6-week session:

\$35 for passholders

\$40 for residents

\$45 for non-residents

Seniors (60+) receive \$5 off

CLASSES BEGIN MAY 21, 2012 AND END JUNE 24, 2012

**For more information, call (313) 943-2350
or visit www.dearbornfordcenter.com
to register.**





AQUA ZUMBA

Time to heat up the pool party! Aqua Zumba® is a Latin-inspired, easy-to-follow, calorie-burning, water aerobic class.



Belly Dancing - **NEW BONUS CLASS! (for women only)**

Explore the wonderful art of Belly Dancing. This is a great course for beginners that want to learn belly dance moves, and for more advanced students that want to focus on a particular style of belly dance.



Kettlebell

Kettlebell Strength Training includes weight training techniques, such as curls, and rows, in addition to snatches, swings, cleans, and jerks that will give you incredible muscular endurance and change the look of your physique.

Z-Kick!

Combines cardio boxing and dance-style fitness moves, and includes a total body workout with resistance training and ends with a relaxation stretch.



ZUMBA

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.



ZUMBA GOLD

Zumba® Gold modifies the moves and pacing to suit the needs of the active older participants, as well as those just starting their journey to a fit and healthy lifestyle.



ZUMBA TONING

Zumba® Toning uses weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. This class is half Zumba® and half Zumba® Toning!!

CLASSES RUN MAY 21 THRU JUNE 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:15 A.M. ZUMBA/ZUMBA TONING (WOMEN ONLY)	10:15 A.M. BELLY DANCING (WOMEN ONLY) 11:30 A.M. ZUMBA GOLD	10:15 A.M. AQUA ZUMBA		11 A.M. ZUMBA/ZUMBA TONING
		6:45 P.M. KETTLEBELL				
	5:30 P.M. ZUMBA	7:30 P.M. Z-KICK! (WOMEN ONLY)		7:30 P.M. ZUMBA (WOMEN ONLY)	6:15 P.M. BELLY DANCING (WOMEN ONLY)	