



Mon-Fri
8:30am-4:30pm.
12121 Hemingway
Redford 48239

REDFORD LEISURE SERVICES ADULT WINTER CLASSES



Fitness With Belinda

KICKBOXING AEROBICS Ages 16 & Up.

Belinda Davis combines low-impact aerobic favorites with kick-boxing moves. It's a non-stop fat burner designed to keep you physically challenged. Each combo starts with familiar, large muscle-group moves like repeaters, jogs and jumping jacks. That's followed by explosive bursts of kickboxing- squat thrusts, jump lunges and side kicks. It's all driven by Belinda's contagious energy and great music.

Mondays | 7-8pm | 8 weeks | \$45
January 22- March 12

TOTAL BODY SCULPTING & TOTAL STRETCH Ages 16 & Up.

The body sculpting combines upper and lower body toning using 3-5lb dumbbells. The workout includes core-conditioning and aerobic-paced movement. Trim your waistline and make everyday activities easier by strengthening all the muscles that flex, extend, rotate and stabilize your torso. The total stretch segment includes: standing, seated in a chair and lying down- designed to lengthen your muscles, increase flexibility and open your joints. End with soothing relaxation moves to release stress and minimize tension. Fitness mat required.

Wednesdays | 6-7pm | 8 weeks | \$45
January 24-March 14

YOGA WITH COOKIE Ages 16 & Up.

Class designed for both beginning and intermediate students. Experienced instructor works with students for a full body workout. Required: yoga mat, neck tie, towel.

Saturdays | 9:30-11am | 10 weeks | \$65
January 13-March 17

CO-ED COMPETITIVE VOLLEYBALL Ages 17 & Up.

Calling all Volleyball lovers!! Are you looking for a place to play volleyball in a great facility? Look no further! Thurston High School offers a format for 3-continuous courts to play at one time. Format will be similar to a drop in setting but without the hassles of paying weekly. Participants will be divided based on number of players attending each week. Please note, this program is for participants looking to play at a competitive level. Proper techniques and rules will be enforced.

Mondays | 7:30-9:30pm 11 weeks | \$45 |
Thurston High School
January 22- April 16 (no class 2/19 & 4/2)
Drop in Pricing: \$6 a night per person



Elements of Exercise

ZUMBA GOLD Ages 16 & Up.

Gold takes our ZUMBA® basic program and makes it accessible to active older adults, de-conditioned individuals, and those recovering from injuries. Zumba Gold class is given standing and seated. It incorporates fun music with Latin and international dance rhythms. It's a great way to give more excitement to your workout. Great for all Fitness Levels!

Monday | 9-9:45am | 8 weeks | \$53
February 12- April 2

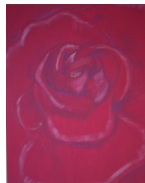
LEARN TO PAINT WITH CHAZ Ages 13 & Up.

Enjoy an evening of creativity as we explore acrylic paints on canvas. We will be painting both abstract and realistic paintings in such a way where everyone will feel like a professional! Just bring an open mind and we take care of the rest.

6-8pm | \$30/per date



January 18
Warm Up to Winter



February 15
Love's Blossom



March 15
March with Elephants

Refund Policy:

There are no refunds on any special events or one-day classes. Also, no refunds will be given after the second scheduled class. An administrative fee of \$10 will be withheld on all refunds plus the prorated cost of the first class. Only classes cancelled by Leisure Services will be refunded in full. A \$20 additional fee will be charged on all checks returned for insufficient funds. Payment for insufficient funds must be paid in full by cash only.

Phone: 313-387-2650

E-mail:
leisureservices@redfordtwp.com

Www.facebook.com/
redfordleisureservices



Elements of Exercise

AQUA ZUMBA Ages 16 & Up.

This is the aqua fitness program everyone has been waiting for! We integrate the Zumba Formula and Philosophy into aqua fitness disciplines and create a challenging and fun aqua workout to Latin and International music. Let's Salsa and meringue in the water! Like nothing you have done before. Join the Party... Ditch the workout! Swimsuit and towel required.

Classes held at the Thurston High School Pool.

Mondays | 6:15-7pm | 8 weeks | \$50
February 12- April 16 (no class 2/19 & 4/2)

Wednesdays | 6:15-7pm | 8 weeks | \$50
February 14- April 11 (no class 4/4)

Please keep in mind that the High School Pool is not set to a therapeutic temperature

ZUMBA/ZUMBA TONING COMBINATION Ages 16 & Up.

This class combines our traditional Zumba with our popular Zumba Toning. The class combines salsa, hip hop, samba, merengue, cumbia, reggaeton and belly dancing moves and is customizable for men and women at all fitness levels. No choreography to remember, so don't be nervous. Instructor changes from doing one step over and over to another step, so the class has a fluid progression. A typical class doesn't feel like a workout at all, but a dance party. Routines include interval training with both fast and slow rhythms. Classes also use resistance training to tone muscles while burning fat. This class uses toning sticks, 2.5lb weights that double as maracas to up the fun (and muscle building) level. The combination of resistance training along with the rhythmic flow of the Toning Sticks creates a one-of-kind cardio-toning interval dance class designed to chisel your entire physique!

Tuesdays | 6-7pm | 8 weeks | \$53
February 13- April 3

LEAN MEAN KETTLEBELL Ages 16 & Up.

Kettlebells are the hottest fitness trend today! Kettlebells resemble cannon ball-shaped weights with a handle on top. Target every aspect of fitness using functional movements and gain tighter legs, glutes, back, arms and abdominals. It is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance and agility. This is truly a total body workout! Focusing on form and technique, this class will work on foundation exercises like the wing, clean and press, snatch, as well as some great combinations, guaranteed to burn fat and build muscle. Our unique approach makes the class challenging but flexible enough for individuals of all fitness levels. In combination with plyometrics, body weight exercises and other drills you will get lean in no time! Items required: kettlebell & mat (Women 5-10lb / Men 10-20lb recommended)

Tuesdays | 7:10-8pm | 8 weeks | \$53
February 13- April 3

(Kettlebell & TRX combination class)
Thursdays | 7:10-8pm | 8 weeks | \$53
February 1- March 22

CIRCUIT BOOTCAMP Ages 16 & up.

Boot Camp workouts are one of the fastest-growing strength and conditioning-training trends in America. It's a workout that combines strength training, aerobics and core conditioning, all in one so that you become fitter than ever imagined. What does a typical Boot Camp workout look like? Circuit Bootcamp classes are 60 minutes and typically start with a dynamic warm up and various mobility exercises designed to get your body ready to work safely and effectively. The main body of the Boot Camp workout session is comprised of combinations of various exercise stations of strength and aerobic conditioning exercises, which can employ any of the following, and more: Body weight exercise, TRX, Kettle bells, Battle ropes, Weighted sleds, Medicine balls, Sandbags, Plyometric-boxes, Shuttle runs, Band work, and weights. Boot Camp is a fun and fast workout that will guarantee you'll become fitter than you've ever imagined! All fitness levels encouraged! Our trainers are educated to show you modifications to make all the exercise work for you! Mat and water needed

Wednesdays | 6-6:50pm | 8 weeks | \$53
January 31- March 21

CARDIO DRUM Ages 16 & Up.

Cardio Drumming is a full-body cardio jam session, combining light resistance with constant simulated drumming. DRUM OFF THE POUNDS, AGRESSION & STRESS! One of a kind workout for ALL levels. Burning between 400 and 900+ calories, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music! It is easy to follow (and not complex or embarrassing) cardio moves with strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone, and forces each move to be as precise as a basic beat! *Each participant needs a stability ball, bucket and drum sticks. Available on Amazon. Search Cardio Drumming equipment. (Community center has sticks available if needed)

Wednesdays | 7-7:50pm | 8 weeks | \$53
January 31- March 21

STRONG Ages 16 & Up.

This is not the Zumba you know! STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Burn mega calories and be driven by the music! No dancing in this class! The high-intensity, Bootcamp style class is unlike any you've tried before. Why? Because of the importance Zumba has placed on the relationship with syncing music to movement. Forget throwing on any old playlist during an exercise class. In a STRONG by Zumba class, the moves you perform are perfectly synced to the beat of the music playing, so music isn't just an afterthought.

Thursdays | 6-7pm | 8 weeks | \$53
February 1- March 22

EARLY RISERS BOOT CAMP Ages 16 & Up.

If you need to fit your workouts into a busy day and can get yourself to this early morning class, you'll create the energy and focus you need for the rest of your day. Join the early risers and claim your best body ever! Benefits Include: Fast Results, Increased metabolism and energy throughout the day, Fat burning and muscle building.

Mondays | 5:30-6:15am | 8 weeks | \$53
February 12-April 2

Thursdays | 5:30-6:15am | 8 weeks | \$53
February 1-March 22