



# exercise with fitness factory

• Combining the current concepts of  
**HIGH ENERGY & LOW IMPACT  
AEROBICS & MUSCLE TONING**

## FALL CLASS SCHEDULE

### Canton

Canton Parks & Recreation (1150 S. Canton Center Rd.)

(Register through Canton Parks & Recreation)

T/TH 9:30 a.m. 20 hrs/\$45 Sept. 12 Lea

Low Impact Exercise

T/TH 10:30 a.m. 20 hrs/\$45 Sept. 12 Lea

Canton Recreation Building (44237 Michigan Ave.)

Fitness After Fifty - Senior Workout

Wed. 10:00 a.m. 10 hrs/\$15 Sept. 11 Staff

Roseshore Racquetball Courts (41677 Ford Rd.)

\*M/W/F 9:30 a.m. 30 hrs/\$55 Sept. 11 Ely

T/TH 9:30 a.m. 20 hrs/\$45 Sept. 12 Karen

T/TH 7:00 p.m. 20 hrs/\$45 Sept. 12 Suo F.

M/W 7:00 p.m. 20 hrs/\$45 Sept. 11 Kris

NEW! Sat. 9:30 a.m. 10 hrs/\$20 Sept. 16 Staff

Low Impact Exercise

T/TH 10:30 a.m. 20 hrs/\$45 Sept. 12 Karen

M/TH 5:30 p.m. 20 hrs/\$45 Sept. 11 Nancy

30 hrs/\$55  
Unlimited \$60

### Garden City

Schoolcraft College Radcliff Center (1751 Radcliff)

(Must register through Schoolcraft College)

M/W 6:30 p.m. 24 hrs/\$60 Sept. 18 Jeanotto

NEW! T/TH 9:30 a.m. 24 hrs/\$60 Sept. 19 Staff

### Plymouth

NEW! New Location

Evening classes starting week of Sept. 11

(Call Patrice 459-3564 for more information)

Plymouth Cultural Center (Farmer)

NEW! T/TH 9:30 a.m. 30 hrs/\$50 Sept. 12 Patrice

(1½ hrs.)

### Livonia

Holy Cross Lutheran Church (30650 Six Mile Rd.,

E. of Meniman)

\*M/W 9:30 a.m. 20 hrs/\$45 Sept. 11 Patrice

T/TH 9:30 a.m. 20 hrs/\$45 Sept. 12 Chris

M/W 7:30 p.m. 20 hrs/\$45 Sept. 11 B.J.

Fat Burner

\*Fri. 9:30 a.m. 10 hrs/\$20 Sept. 15 Patrice

Low Impact Exercise

\*M/W 10:30 a.m. 20 hrs/\$45 Sept. 11 Patrice

NEW! M/W 6:00 p.m. 20 hrs/\$45 Sept. 11 Judy

30 hrs/\$55  
Unlimited \$60

Schoolcraft College (18600 Haggerty)

(Register through Schoolcraft, free use of the pool,

weight room, etc.)

M/W 9:30 a.m. 24 hrs/\$60 Sept. 18 Joanna

M/W 7:30 p.m. 24 hrs/\$60 Sept. 18 Lesla

T/TH 6:30 p.m. 24 hrs/\$60 Sept. 19 Laura

Low Impact Exercise

M/W 6:30 p.m. 24 hrs/\$60 Sept. 18 Margie

T/TH 5:30 p.m. 24 hrs/\$60 Sept. 19 Margie

\* Indicates Babysitting Available

### Farmington/Northville/Novi

Piemontese (38500 W. Nine Mile Rd., E. of Haggerty)

\*Monday through Friday

9:30 a.m. 20 hrs/\$45 Sept. 11 Debi

Sat. 9:00 a.m. 10 hrs/\$20 Sept. 18 Linda B.

M/W 7:00 p.m. 20 hrs/\$45 Sept. 11 Jody

(Time Chg.)

T/TH 6:00 p.m. 20 hrs/\$45 Sept. 12 Nancy

Low Impact Exercise

M/W/F 8:30 a.m. 30 hrs/\$55 Sept. 11 Sylvia

M/W 6:00 p.m. 20 hrs/\$45 Sept. 11 Sylvia

(Time Chg.)

T/TH 7:00 p.m. 20 hrs/\$45 Sept. 12 Linda

30 hrs/\$55  
Unlimited \$60

Faith Covenant Church (14 Mile and Drake)

Low Impact Exercise

\*M/W/F 9:45 a.m. 20 hrs/\$45 Sept. 11 Pam

Babysitting \$1/child \$2/family

Low Impact

NEW! T/TH 7:00 p.m. 20 hrs/\$45 Sept. 12 Martha

30 hrs/\$55

Novi Civic Center (45175 W. 10 Mile Rd.)

\*M/W/F 9:00 a.m. 20 hrs/\$45 Sept. 11 Carol

T/TH 10:15 a.m. 20 hrs/\$45 Sept. 12 Lisa

M/W/TH 7:00 p.m. 20 hrs/\$45 Sept. 11 Linda B.

30 hrs/\$55  
Unlimited \$60

Low Impact Exercise

\*M/W/F 10:15 a.m. 20 hrs/\$45 Sept. 11 Nazale/Roseanne

T/TH 9:00 a.m. 20 hrs/\$45 Sept. 12 Roseanne

M/W/TH 6:00 p.m. 20 hrs/\$45 Sept. 11 Darlene

30 hrs/\$55  
Unlimited \$60

For Teens (9-12th grade)

T/TH 2:45 p.m. 20 hrs/\$40 Sept. 12 Staff

Sponsored by: Novi Community Education

(Register through Novi Comm. Ed., 348-1200)

Novi Meadows (25549 Taft, N. of 10 Mile)

Fat Burner

T/TH 5:30 p.m. 26 hrs/\$65 Sept. 19 Belinda

Village Oaks (23333 Willowbrook, 2 bks. W. of Haggerty)

M/W 7:00 p.m. 39 hrs/\$75 Sept. 18 Terry

Orchard Hills (41900 Quince Rd., 1 blk. W. of Meadowbrook)

T/TH 7:00 p.m. 39 hrs/\$75 Sept. 19 Terry

Unlimited \$90

Novi High School (24062 Taft Rd., S. of 10 Mile)

NEW! Fat Burner

Sat. 8:15 a.m. 13 hrs/\$32.50 Sept. 23 Belinda

Low Impact

Sat. 9:30 a.m. 13 hrs/\$32.50 Sept. 23 Staff

\* Indicates Babysitting Available

**CALL TODAY — 353-2885 — CLASSES FILL QUICKLY**



All Instructors Certified, CPR-Trained/Fitness Factory IDEA/AFAA

