

IS YOUR HEALTH WORTH A MILLION?



It Is To Us At Peter Nielsen's TOTAL FITNESS CENTERS



Redeem This
Million Dollar Bill For
\$100⁰⁰ OFF
Any One Year
Membership!

Photo Taken By Joe Poliment

CLASS DESCRIPTIONS

LOW IMPACT - A safe, efficient workout without the heavy bouncing or jumping. Perfect for those concerned about injury. All levels welcome. (25 minutes of aerobics) plus muscle toning!

LOW IMPACT FAT BURNER - Forty minutes of continuous low impact steps in high energy & creative combinations! Plyometrics "Power" moves may be included in this high intensity fat burning class! It's a great workout!

HI/LO INTERVAL FAT BURNER - Interval training is the most scientifically advanced training system. Aerobic segments allow all levels to benefit their health with less fatigue at a comfortable heart rate. Forty minutes of continuous aerobics to burn fat! An energizing workout!

CIRCUIT TRAINING - A well structured mix of challenging aerobic and anaerobic exercises. Aerobic interval training segments, with training stations set up to tone and strengthen major muscle groups. Weights, bands, and steps incorporated in class. It's a dynamic workout!

CROSS TRAINING - A unique blend of aerobics and strength training segments. Improve your total fitness with a variety of proven cross training techniques. (30 minutes of aerobics)

STEP AEROBICS - The latest in high energy conditioning. The most demanding aerobic structure, using benches to lift your weight against gravity to promote the stairmaster effect. The serious student will be in for a surprise!

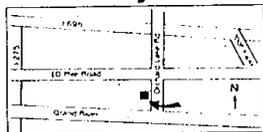
STEP "ADVANCE" - A high intensity conditioning class that is a challenge! High energy cardio-conditioning along with explosive moves will improve muscle speed, strength, and flexibility. This class is not geared for starters!

Some class descriptions may include "with step". This means a portion of that program will include a "step" segment.

- All workouts are one hour long unless indicated
- Weights and bands may be incorporated in classes
- Weights, bands, and mats are supplied
- All classes include a muscle toning segment



We're Easy To Find



CLASS SCHEDULE

TIME	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00 AM	Circuit Training Connie	Low Impact Fat Burner Vicky	Step Vicky	Low Impact Fat Burner Vicky	HI LOW Connie		
9:30 AM	HI LOW Vicky	Circuit Training Patricia	HI LOW Cheryl	Low Impact Lori F.	HI LOW Cheryl	Low Impact F.B. Step Colleen	Step Diane
10:30 AM	Low Impact Fat Burner Cheryl	Low Impact Lori F.	Step Mary	Circuit Training Diane	Low Impact Fat Burner Lori F.	Step Advance Julie	Circuit Training Lori H.
11:30 AM						Cross Training* Diane	Low Impact F.B. Colleen
4:30 PM	Low Impact Fat Burner Lori H.		Circuit Training Lori H.		Low Impact Fat Burner Vicky		
5:30 PM	HI LOW Interval Fat Burner Patricia	Circuit Training Lori P.	Low Training with Step Low P. Julie	Low Impact Fat Burner Vicky	HI LOW Interval Fat Burner Patricia		
6:30 PM	Step Advance Lori P.	Step Advance Ken W. Colleen	HI LOW Interval Fat Burner Julie	Step Tricia	Circuit Training Julie		
7:30 PM	Cross Training with Step* Julie		Step** Ken				

Class Schedule Subject To Change Without Notice

Offering...

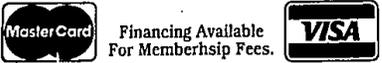
- Full circuit 1991 excalibur isotonic progressive resistance equipment.
- State-of-the-art Water-Man olympic free weights (20,000 lbs)
- Cardiovascular/Aerobic equipment - Stairmaster, Lifecycle, Nordic Cycle, Rowing Machines.
- Private lockers, showers and dressing facilities.
- Swiss Sauna.
- Tanning reasonably priced.
- Personal training available with Peter Nielsen & Co. by Appointment.
- Juice Bar.
- Personalized Aerobic Training.
- Top IDEA Certified Instructors.
- Air Conditioning.
- Open 7 Days a Week.
- Classes for Men & Women.
- Wide Variety of Classes.
- Wood Floating Floor.

FREE 1 Free Workout
with this coupon

FREE One Week of Aerobics
with this coupon

FREE Water Bottle
with this coupon upon trial visit

23317/11 Orchard Lk. Rd.
Farmington, MI 48336



*Day Care Available **Classes To Start Mid-October
Call 478-8677 or 478-8393