



# Adult Fitness

## Small Group Training

### Learn to MELT

Erase pain in your back, neck, shoulders, hips, hands and feet brought on by everyday stress, overuse and aging. This simple to learn self treatment technique can rehydrate your fascia and rebalance your nervous system for improved posture, muscle timing, vibrant health and pain free movement. Hand and Foot classes using specialized MELT Balls and Length classes using the unique MELT Roller will be offered. Equipment will be provided for class use and available for purchase from instructors if desired. Class schedule will be available at the front desk. Wear clothing you can move in and bring along a mat and water. Private sessions can be arranged. Please contact Susan Shelton at sjs.pilates@gmail.com or Laura Payment at laura.meltmassage@gmail.com for questions or more information. To register call 248.735.8850, ext 0.

### Boot Camp

Are your workouts stale? Wandering around the weight room with no enthusiasm? If this describes you, get ready for the challenge of your life! Boot Camps are ANYTHING but boring. Press through limitations, get motivated, and learn new exercises in this challenging 45 minute class. Instructed by Kevin Callender and Sarah Hall.

Check website for schedule and times at [www.tscnovi.com](http://www.tscnovi.com).

	Drop-in
<b>Fitness Member</b>	<b>\$13</b>
<b>Program Member</b>	<b>\$15</b>

### Yoga Wall

A unique yoga practice where gravity is used as a natural form of resistance. Improves flexibility, strengthens muscles, opens all joints, connective tissue and fascia. Aids in therapeutic benefits and helps heal the spine. Call the front desk for scheduling details.

Cost:	Private	Semi Private	Triple
<b>30 minutes</b>			
<b>Fitness Member</b>	<b>\$41</b>	<b>\$26</b>	<b>\$20</b>
<b>Program Member</b>	<b>\$47</b>	<b>\$31</b>	<b>\$25</b>
<b>55 minutes</b>			
<b>Fitness Member</b>	<b>\$66</b>	<b>\$40</b>	<b>\$33</b>
<b>Program Member</b>	<b>\$72</b>	<b>\$45</b>	<b>\$37</b>

## Pilates

### Pilates Equipment Workouts

What is Pilates on the equipment?

- Dynamic, full body functional training method
- Improves core and overall body strength
- Creates long lean muscles
- Improves posture, flexibility and balance
- Alleviates chronic back pain
- Enhances any athletic performance
- Helps prevent injuries
- Improves joint mobility and coordination
- Effective Post Rehab

Please contact Susan Shelton at 248.840.9843, sjs.pilates@gmail.com or Lisa Verdejo at 571.334.6077, lisaverdejo.tsc@gmail.com.

We have several classes a week to choose from.

### Group Pilates on the Reformer and Cadillac

This dynamic, full body, functional training class will improve strength, balance, agility and flexibility. Groups move together to strengthen their core while working their body as a whole. Small classes allow for technique corrections. Several classes per week, 4 student limit. Please contact Susan Shelton at 248.840.9843, sjs.pilates@gmail.com or Lisa Verdejo at 571.334.6077, lisaverdejo.tsc@gmail.com.

### Private Pilates Equipment Training

Your individual movement plan is customized to achieve optimal results based on your goals and abilities. This one-on-one instruction is ideal for post rehab and other clients seeking more individual programming. This program is all about you.

### Cost per 55 minutes

(pre-paid monthly)	Private	Semi Private	Groups 3-4
<b>Fitness Member</b>	<b>\$64</b>	<b>\$40</b>	<b>\$27</b>
<b>Program Member</b>	<b>\$70</b>	<b>\$45</b>	<b>\$30</b>

## Personal Training

- Individual, personalized training \$36 - \$73
- 2 - 4 in a small group training session \$16 - \$45
- 30, 45, 60 minute workouts
- Maximize your workout time
- Achieve results
- Learn to workout smarter
- Coaching to achieve goals
- Lose body fat

Packages to fit all budgets and time constraints. Program member rates slightly more.

## Youth Fitness

### Athletic Strength and Conditioning

Conditioning for athletes of all levels. Improve core strength, explosive speed, agility, stability, overall power, endurance, faster recovery, increase energy, increase range of motion and injury prevention. Call Kevin at ext. 204 for more information.

- Youth Fitness
- Tennis Conditioning
- Personal Training, Sports Performance, Weight Loss, Self Esteem, Learn to Lift Safely