




# Dance & Fitness Schedule \*\* Winter 2012 \*\* Center for Lifelong Learning \*\* Dearborn Heights Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Pump</b> 9:00 -9:55am - DGym \$5 Walk-in Jan 2 - Apr 30 (No class Jan 16)		<b>Zumba Prep/Gold</b> 9:00 - 9:55am - DGym \$5 Walk-in Jan 4 - May 2 (No class Mar 7)		<b>Zumba Prep/Gold</b> 9:00 - 9:55am - DGym \$5 Walk-in Jan 6 - May 4 (No class Mar 9)	<b>Head to Toe Body Toning</b> 9 - 9:55 am - D112 Jan 14 - Mar 24 (No class Mar 10) 10 sessions \$73/Dbn Res \$65
			<b>Gentle Yoga</b> 9:30 - 10:30 am - D112 Jan 12 - Apr 5 (No class Mar 8) \$89/DbnRes \$79, 12 sessions		<b>Zumba Prep/Gold</b> 9:00 - 9:55 am - DGym \$5 Walk-in Jan 7 - May 5 (No class Mar 10)
<b>Zumba Fitness</b> 10:00 - 10:55 am - DGym \$5 Walk-in Jan 2 - Apr 30 (No class Jan 16)		<b>Cardio Kick</b> 10 - 10:55 am - DGym \$5 Walk-in Jan 4 - May 2 (No class Mar 7)		<b>Zumba Fitness</b> 10 - 10:55 am - DGym \$5 Walk-in Jan 13 - May 4 (No class Mar 9)	<b>Abs, Glutes &amp; Thighs</b> 10 - 10:55 am - D112 Jan 14 - Mar 24 (No class Mar 10) 10 sessions \$71/Dbn Res \$65
		<b>Cardio Kick Walk-In</b> 10 - 10:55 am - DGym \$5 Walk-in Jan 7 - May 5 (No class Mar 10)			
		<b>Tai Chi</b> 11:15 am - 12:45 pm - DGym 4 sessions, \$39/DbnRes \$36 Session 1 Jan 14 - Feb 4 Session 2 Feb 11 - Mar 3 Session 3 Mar 17 - Apr 7 Session 4 Apr 14 - Mar 5			
<b>Ballroom Bootcamp</b> 6 - 7 pm - DGym Jan 23 - Mar 26, 10 sessions \$67/DbnRes \$60	<b>Pilates</b> 6 -7 pm - D112, 10 sessions Session 1 Jan 20 - Mar 20 (No class Mar 6) Session 2 Mar 27 - May 29 \$77/DbnRes \$69	<b>Jazzercise</b> 6 - 7 pm - DGym, \$6 Walk-in Jan 4 - May 2 (No class Mar 6)	<b>Hatha Yoga 1</b> 6 - 7 pm - D112 Jan 12 - Apr 5 (No class Mar 8) \$89/DbnRes \$79, 12 sessions		<b>Kung Fu &amp; Self Defense</b> Noon - 1 pm - D112 Jan 28 - Apr 21 (No class Mar 10) 12 sessions \$88/DbnRes \$80
<b>Tai Chi</b> 6:30 - 8 pm - D112, 4 sessions Session 1 Jan 9 - Feb 6 (No class Jan 16) Session 2 Feb 13 - Mar 5 Session 3 Mar 12 - Apr 7 Session 4 Apr 9 - 30		<b>Jazzercise</b> 4 wk sessions, \$22 6 - 7 pm - DGym Session 1 Jan 11 - Feb 1 Session 2 Feb 8 - 29 Session 3 Mar 14 - Apr 4 Session 4 Apr 11 - May 2			<b>Golf Indoor Group Lessons</b> 1:15 - 3:15 pm - DGym Mar 17 - Apr 14, 5 sessions \$107/DbnRes \$99
<b>Zumba Fitness</b> 7:10 - 8:05 pm - DGym \$5 Walk-in Jan 9 - Apr 30	<b>Buddhist Meditation</b> 7:10 - 8:40 pm - D112 Session 1 Jan 24 - Feb 14 Session 2 Feb 21 - Mar 13 Session 3 Mar 20 - Apr 10 Session 4 Apr 17 - May 8 4 sessions, \$32/DbnRes \$29		<b>Zumba Fitness</b> 7 - 7:55 pm -DGym \$5 Walk-in Jan 12 - May 3 (No class Mar 8)		
			<b>Hatha Yoga 2</b> 7:15 - 8:15 pm - D112 Jan 12 - May 3 (No class Mar 8) \$89/DbnRes \$79, 12 sessions		
					<b>Classes subject to change based on student demand.</b>
					<b>Please call our office or check our website for the latest updates. 313-317-1500 - <a href="http://www.hfcc.edu/CL2">www.hfcc.edu/CL2</a></b>