





WALK-IN FITNESS CLASSES FALL Schedule – January 2 – April 30, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m. Cardio Pump ~ \$5 ~ D-Gym		9 a.m. Zumba Prep/Gold ~ \$5 ~ D-Gym		9 a.m. Zumba Prep/Gold ~ \$5 ~ D-Gym	9 a.m. Zumba Prep/Gold ~\$5~ D-Gym
10 a.m. Zumba Fitness ~ \$5 ~ D-Gym		10 a.m. Cardio Kick ~ \$5 ~ D-Gym		10 a.m. Zumba Fitness ~ \$5 ~ D-Gym	10 a.m. Cardio Kick ~ \$5 ~ D-Gym
7:10 p.m. Zumba Fitness ~ \$5 ~ D-Gym		6 p.m. Jazzercise ~ \$6 ~ D-Gym	7:00 p.m. Zumba Fitness ~ \$5 ~ D-Gym		

Classes subject to change based on student demand.

Please call our office or check our website for the latest updates – 313-317-1500 --- www.hfcc.edu/CL2