



Fitness Motivators.com

In Our Area Since 1988!



Fitness Motivators takes pride in offering a fitness program that caters to **ALL FITNESS LEVELS!** Fitness Motivators classes are team taught by certified trainers at various levels at the same time, so **Beginners will NOT BE Intimidated, yet challenging enough for the advanced!** Our customized fitness programs with proven results in weight loss and defined, toned muscles. Fitness Motivators **popular fitness program** is due to our clients' dedication and our passion to help others! **We will continue to provide quality fitness classes** and a rewarding program for **your health and fitness goals!**



THE ULTIMATE, POPULAR FITNESS PROGRAM!

All fitness levels welcomed in this free-style, team-taught class – you won't get bored with Fitness Motivators! Why do a single workout that can't provide long-term results when you can do a variety of exercises all in one class? Mix it up with Fitness Motivators – originated in our area since 1988 – experts in the fitness industry! Interval Training, xGravity, Sculpt & Stretch, Complete Body Toning, Strictly Cardio, Cardio Boxing, and much more for you to experience results!



Monday & Wednesday, 7:00-8:00 p.m.—Country Oaks

Winter Session: January 7-February 27/ 14 Sessions /\$63.00 – 7 Sessions/\$52.00

Spring Session: March 24-May 14 /14 Sessions / \$63.00 – 7 Sessions/\$52.00

SALSA WORKOUT WITH AN EGYPTIAN FLARE - NEW!

Class will be the same as above, but will include more Salsa on the detailed calendar. Not your typical Salsa! Mixed with a flare of Egyptian moves and belly dancing.

Tuesday & Thursday, 6:30-7:30 p.m., Spring Mills

Winter Session: January 8-February 26/ 14 Sessions /\$63.00 – 7 Sessions/\$52.00

Spring Session: March 25-May 15 / 14 Sessions / \$63.00 – 7 Sessions/\$52.00

www.fitnessmotivators.com

248.909.5253

More Locations Available—Visit Our Website for Details

REGISTRATION FORM

Please use separate registration form for each participant!

Participant's Name _____ School Attends _____

Address _____ City _____ Zip _____

Date of Birth _____ T-shirt size _____ Sex: M F

Phone (home) _____ (work) _____ (cell) _____

Parent/Guardian Name _____ Email Address _____

Class #	Class Name	Day/Time	Beginning Date	Location	Fee
	Fitness Motivators				

Participants agree to use the facilities, premises and equipment of Huron Valley Schools at participant's own risk. Participants agree to hold harmless and indemnify, and waive any claims of any sort or nature that participant may have or acquire against the Huron Valley Schools and its board members, employees, agents and volunteers. In the event participant nevertheless asserts a claim against a party released herein, Huron Valley Schools shall be entitled to recover its reasonable attorney fees and costs incurred in defending against such claim. Pictures are sometimes taken in our programs and may be used in Huron Valley School's promotional material (brochures, flyers, website, etc.) Children are never identified by name. Contact our office if you would not like your child photographed.

 Please complete if paying by Visa/MC:

Acct # _____ EXP: ___/___ _____

Cardholder Signature

Fax to: 248.676.8453 (Phone: 248-676-8390) or
Send Check To: Huron Valley Recreation & Community Education Office, 5061 N. Duck Lake Rd., Highland, MI 48356