

Mini-Fitness Holiday Try Me Sessions

Holiday Fit with Belinda

Mondays:

Fitball:

Dec 5,12 & 19 6-7pm

Aerobic Kickboxing:

Dec 5,12 & 19 7-8pm

Wednesdays:

Total Stretch & Relax:

Dec. 7, 14 & 21 6-7pm

Body Sculpting w/weights:

Dec. 7, 14 & 21 7-8pm

You may attend any or all of these classes for the price listed below.

Ages: 16 & older **Fee:** \$35.00/person

Please sign up prior to November 30, 2011
Need a minimum of 12 people for the class

Elements of Exercise Mini Holiday Sampler

Try all of our popular Elements of Exercise classes listed below for one low price!

Lean and Mean Kettlebell Class:

Monday December 12, 2011 6-7pm

Zumba:

Tuesday December 13, 2011 6-7pm

Pilates/Yoga Fusion:

Wednesday December 14, 2011 6-7pm

R.I.P.P.E.D.:

Thursday December 15, 2011 7-8pm

Ages: 16 & older **Fee:** \$20.00 per person

Please sign up prior to December 5, 2011
Need a minimum of 8 people for the class



Yoga (Ages 16 & up)

This class is designed for both beginning and intermediate students.

9:30-10:45am **\$18/per person**

Three Saturdays: December 3, 10 & 17, 2011

Elements of Exercise Zumba Gold (Ages 16 & up)

Gold takes our ZUMBA © basic program and makes it accessible to active older adults, de-conditioned individuals and those recovering from injuries.

9:30-10:15am **\$18/per person**

Three Wednesdays: December 7, 14 & 21, 2011

Holiday Belly Dance (Ages 16 & up)

Cardio Belly Dance 6-7pm: Cardio Belly uses authentic belly dance moves to tone and strengthen our arms, core and buns.

Belly Dance Technique 7-8pm: This class focuses on improving basic and advanced techniques for performance quality. Moves will be broken down in detail and variations explored.

Fee: \$33/cardio, \$33/tech, or \$51/both

Tuesdays 6 weeks: November 29– January 10, 2012 (no 12/27)

Kids Fun & Fitness (Ages 5-12)

This fun and creative class combines fitness training and interactive fun games. The workout has two sections. The first includes: kickboxing, low impact aerobics and pilates. The second part end with fun-time activities which include the limbo, hula hoop, soccer and jump rope to name a few.

7-8pm **\$15/per person**

Three Tuesdays: December 6, 13 & 20, 2011

Santa Letters

December 1-16, 2011

Open to Redford Residents

Send your child's picture or letter to: 12121 Hemingway, Redford MI 48239. Please be sure to include your child's name and address. You may also drop off your letters in the Leisure Services Office at the Redford Community Center. Every letter will receive a response.

Santa Brunch

Saturday December 10, 2011

11am-12:30pm \$6.00 per person

Enjoy refreshments, crafts and have your picture taken with Santa. An Adult must accompany each child and everyone must have a ticket.

Sorry no refunds



Redford Leisure Services
Redford Community Center
12121 Hemingway
Redford MI 48239
387-2650

Office Hours:
M-F 8:30am-4:30pm



We accept cash, Visa, Mastercard,
Discover and checks made payable to
"Redford Township".

*Under age 16 may enroll if a
parent/guardian also enrolls in the
class, however everyone must register
and pay prior to the class.

For complete descriptions, scan the code above
with your smart phone or go to
www.redfordtwp.com

Want a great Holiday gift? Purchase
a class for your friends or family...