



3851 West Rd Trenton 48183 (734)301-2993

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JOIN REMIND FOR UPDATES ON CLASSES TEXT 81010 WITH the message @nhfi	Like us on Facebook!			1 No Class Sorry for inconvenience	2 8:45 am Cycle/Tabata-M 6PM Insanity -Susan	3 8:30am Cycle- Susan 9-10am Bootcamp-Susan
4 9:00am Cycle/Sculpt-Gina No TRX class	5 9:00am Core Conditioning w/ Michelle	6 9:00am Weight Train- M 5:00pm Cycle/Sculpt –M 6:00pm Bootcamp-Mal	7 8:00am Cycle Mix Circuit-M 6:00pm –Slow Flow Yoga for all levels \$10 drop in only	8 6:15pm Cardio Drumming-Mal	9 8:45 am Cycle/Tabata-M 6PM Insanity -Susan	10 8:30am Cycle- Mal 9-10am Bootcamp-Mal
11 9:00am Rip & Ride-Mal 10:20am TRX Interval - Mal	12 9:00am Core Conditioning w/ Michelle	13 9:00am Weight Train- M 5:00pm Cycle/Sculpt –M 6:00pm PIYO-Susan	14 8:00am Cycle Mix Circuit-M 6:00pm –Slow Flow Yoga for all levels \$10 drop in only	15 6:15pm Cardio Drumming-Mal	16 8:45 am Cycle/Tabata-M 6PM Insanity -Susan	17 8:30am Cycle- Mal 9-10am Bootcamp-Mal
18 9:00am Rip & Ride-Mal 10:20am TRX Interval - Mal	19 9:00am Core Conditioning w/ Michelle	20 9:00am Weight Train- M 5:00pm Cycle/Sculpt –M 6:00pm PIYO - Susan	21 8:00am Cycle Mix Circuit-M 6:00pm –Slow Flow Yoga for all levels \$10 drop in only	22 6:15pm Cardio Drumming-Mal	23 8:45 am Cycle/Tabata-Mindy 6PM Insanity -Susan	24 8:30am Cycle- Mal 9-10am Bootcamp-Mal
25 9:00am Rip & Ride-Mal 10:20am TRX Interval - Mal	26 9:00am Core Conditioning w/ Mindy	27 9:00am Weight Train- M 5:00pm Cycle/Sculpt –M 6:00pm PIYO -Susan	28 8:00am Cycle Mix Circuit-M 6:00pm –Slow Flow Yoga for all levels \$10 drop in only	https://pehelp911.wixsite.com/newheights 10 classes for \$75.00 expires in 3 months Unlimited monthly \$ 60.00 a month Students \$5.00 drop in High school or College Adult Drop in is \$10.00 First class is always FREE Try our new classes PIYO & Insanity!		

