



3851 West Rd Trenton 48183 (734)301-2993

## September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> No Classes Labor day weekend
<b>2</b> No classes Labor Day weekend	<b>3</b> No Classes Labor Day	<b>4</b> 9:00am Weight Train- M  5:15pm Cycle/Cardio 30/30	<b>5</b> 8:00am Cycle Mix Circuit-M  5:30pm TRX-Mal	<b>6</b> 9:00am YOGA-Jenni	<b>7</b> 8:45 am Cycle/Tabata-M	<b>8</b> 8:30am Cycle- Mal  9-10am Bootcamp-Mal
<b>9</b> 9:00am Rip & Ride-Mal	<b>10</b> 9:00am Core Cond-M  10:00am –YOGA -Jenni	<b>11</b> 9:00am Weight Train- M  5:15pm Cycle/Cardio 30/30	<b>12</b> 8:00am Cycle Mix Circuit-M  5:30pm TRX-Mal	<b>13</b> 9:00am Pilates -Jessica	<b>14</b> 8:45 am Cycle/Tabata-M	<b>15</b> 8:30am Cycle- Mal  9-10am Bootcamp-Mal
<b>16</b> 9:00am Rip & Ride-Mal	<b>17</b> 9:00am Core Cond-M  10:00am –YOGA -Jenni	<b>18</b> 9:00am Weight Train- M  5:15pm Cycle/Cardio 30/30	<b>19</b> 8:00am Cycle Mix Circuit-M  5:30pm TRX-Mal	<b>20</b> 9:00am YOGA-Jenni	<b>21</b> 8:45 am Cycle/Tabata-M	<b>22</b> 9am Bootcamp-Jenni*
<b>23</b> 9:00am Rip & Ride-Mal	<b>24</b> 9:00am Core Cond-M  10:00am –YOGA -Jenni	<b>25</b> 9:00am Weight Train- M  5:15pm Cycle/Cardio 30/30	<b>26</b> 8:00am Cycle Mix Circuit-M  5:30pm TRX-Mal	<b>27</b> 9:00am YOGA-Jenni	<b>28</b> 8:45 am Cycle/Tabata-M	<b>29</b> 8:30am Cycle- Mal  9-10am Bootcamp-Mal
<b>30</b> 9:00am Rip & Ride-Mal	<b>To Book a massage call DAWN @ 734-752-3223</b> <b>Visit our website at: <a href="https://pehelp911wixsite.com/newheights">https://pehelp911wixsite.com/newheights</a></b> <b>Sign up for text Reminders enter 81010 and type this in the message box @nhfi</b>					<b>Monthly: 60.00</b> <b>10 classes: 75.00</b> <b>6 classes: 50.00</b>

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