

Wellness Class Schedule

LIVONIA

PWR! Moves	Tuesday & Thursday	10:00am - 11:00am
PWR! Moves	Wednesday	3:00pm - 4:00pm
PWR! Cardio	Thursday	3:00pm - 4:00pm
Rock Steady Boxing 1/2	Monday/Wednesday/Friday	11:00am - 12:30pm
Rock Steady Boxing 3	Monday	3:00pm - 4:30pm
Rock Steady Boxing 4	Tuesday	2:00pm - 3:00pm
Be Well Yoga	Monday & Wednesday	1:00pm - 2:00pm
Be Well Fitness	Tuesday & Thursday	1:00pm - 2:00pm
Stroke to Strength*	Tuesday & Thursday	11:00am - 12:00pm

CLINTON TOWNSHIP

PWR! Cardio	Wednesday	12:00pm - 1:00pm
PWR! Moves	Friday	9:00am - 10:00am
Rock Steady Boxing 3/4	Tuesday	10:30am - 12:00pm
Rock Steady Boxing 1/2	Wednesday	5:30pm - 7:00pm
Rock Steady Boxing 1/2	Thursday	11:30am - 1:00pm
Be Well Fitness	Friday	11:00am - 12:00pm
Stroke to Strength*	Monday & Wednesday	1:00pm - 2:00pm
SCI Fitness*	Monday	12:00pm - 1:00pm
SCI Fitness*	Friday	10:00am - 11:00am

LANSING

PWR! Moves	Tuesday & Thursday	12:00pm - 1:00pm
Rock Steady Boxing	Tuesday	6:00pm - 7:30pm
Rock Steady Boxing	Wednesday	3:00pm - 4:30pm
Be Well Fitness	Monday	12:00pm - 1:00pm
Stroke to Strength*	Wednesday & Friday	12:00pm - 1:00pm

Class Pricing
\$15 / 1 class
\$135 / 10 class package

* Stroke to Strength & SCI Fitness are scheduled as an 8 week series. Please contact the clinic for schedule and pricing.

Please Call For More Information

LIVONIA 855-877-1944
CLINTON TOWNSHIP 586-412-0016
LANSING 517-325-0996