

Booty Ballet Workout©

Thursdays at 6:30pm

A total body workout that incorporates basic ballet exercises designed to tone and strengthen your lower body, a fusion of cardio jazz and hip-hop dance moves, finishing with upper body toning, ab work and intense stretching. This class will increase your flexibility, strengthen your core and tone your booty. Socks with non-skid bottoms, jazz or ballet shoes recommended. Please bring a mat. No previous training required.



Kettlebell Fusion©

Tuesdays at 5:30pm

Transform your body while having fun with Kettlebell training. Interval sessions consisting of simple, easy to follow dance routines, followed by Kettlebell exercises provides a great cardio, core and strength-building workout. The class finishes with additional core work and stretching to provide a total body workout in 60 minutes. Please bring a sticky mat, towel and water.



***Mondays at 8:00pm**

Tuesdays at 7:15pm

Saturdays at 9:30am

Dance your way to fitness in this 60 minute workout designed to make sweating fun! High-energy music and Latin-inspired dance moves combine into a fitness class that will get you moving and shaking those hips! Come on and join the party! Please bring water.

***Class held at Great Lakes TKD, 43061 Mound Rd,**

Sterling Heights



Thursdays at 5:30pm

Mondays at 7:30pm

Zumba® Gold is for those just starting a workout program or those who want or need a bit slower paced Zumba class. The basic, easy to follow steps of the Latin-based dance craze are used to create a fun workout that will get you moving to the beat! Please bring water.

Pilates Mat

Wednesdays at 6:15pm

Pilates focuses on integrating the entire body and mind. Using only your body weight and gravity, the matwork will tone, strengthen and lengthen your muscles. With emphasis on the core, Pilates helps you to achieve better alignment, strength and posture. Please bring a mat..



Flow Yoga

Mondays at 6:00pm

Yoga practitioners of all levels will enjoy this flow yoga class for mind and body. Emphasis is on developing a strong breath connection, better balance, greater strength and improved flexibility. Please wear comfortable clothing and bring a mat, water and a towel.

**For information on all our classes please visit
www.dotmonline.com or email us at
danceonthemove@me.com**

Dance on the Move_{LLC.}

*Fitness for
Body and Mind*



ConCorde Inn Fitness Club

44315 Gratiot,

Clinton Twp, MI



Classes are ongoing and open to the public.

Drop ins Welcome!

**Cost is \$8.00 per class. A Punch Card is available for
6 classes at \$7.00 per class.**