

## BUILDING A NEWER YOU

Adults 16 & Over Min: 10 Max: 25  
Taught by Nutrition Matters, LLC

Nutrition Matters, LLC is excited to announce the development of, "Building a Newer You," a program developed by Registered Dietitian, Leigh Fleming and Certified Personal Trainer, Mary Black, with the goal of teaching you the tools you need to live a healthier, more fulfilling life.

Building a Newer You is an eight-week health management program devoted to helping you realize your health and fitness goals. This exciting program combines nutrition and behavior counseling with a Registered Dietitian and an exercise program with a Certified Personal Trainer for the most effective personalized program to help you reach your health management goals. Each week, or building block focuses on a specific topic targeted at helping you realize your goals. Whether your goals include eating right, getting active, learning how to shop healthier, or learning the tools to share with your entire family, Building a Newer You is tailored to your personal needs and desires so you'll know that your program is built around you.

### Fundamental Weekly Building Blocks:

- Block One: Understanding Your Approach: Self Efficacy  
Understanding Your Approach: Beginning a Log
- Block Two: Healthy Eating Overview
- Block Three: Building Fitness Goals
- Block Four: Balancing Energy In vs. Energy Out
- Block Five: Taking Control of Your Plan: Planning and Time Management
- Block Six: Think Positive, Push Away the Negative
- Block Seven: Being Active as a Way of Life
- Block Eight: Putting It All Together: Reflection

Where: Oxford Township Parks & Recreation Office  
When: Tuesdays, August 26- October 14  
Time: 6:00 pm- 7:00 pm  
Cost: \$125  
(Oxford Residents Subtract \$10)  
\*\*Material Cost: \$10 for Book, payable to Instructors at first class.  
Code: 7005

## MAT CLASS

Adults 18 & Over Min: 3 Max: 8  
Taught by Cutting Edge Pilates

Beginners Pilates movement inspired by Joseph Pilates using your core muscles to gain strength and flexibility. Will learn basic principles and movements.

Where: Oxford Academy of Dance, 533 S. Lapeer Rd, Ste C  
When: Tuesdays, September 2- October 21  
Time: 9:00 am- 10:00 am  
Cost: \$102 (Oxford Residents Subtract \$10)  
Code: 5809

## BALL & BAND PILATES

Adults 18 & Over Min: 3 Max: 8  
Taught by Cutting Edge Pilates

Pilates exercises are done while using a large fitness ball for balance & stability. A stretchy flex band will also be used for some exercises. Lots of variety in this class. \*All materials are provided.

Where: Oxford Academy of Dance,  
533 S. Lapeer Rd, Ste C  
Cost: \$102 (Oxford Residents Subtract \$10)

Two days to choose from!  
When: Wednesdays, September 3- October 22  
Time: 6:00 pm- 6:55 pm  
Code: 5813

When: Thursdays, September 4- October 23  
Time: 9:00 am- 9:55 am  
Code: 5814

## ZUMBA

Adults 18 & Over Min: 2 Max: 12  
Taught by Cutting Edge Pilates

High-energy cardio workout inspired by Latin and international music and dance moves- meringue, salsa, belly dance, cumbia and hip hop. A fun and easy class to follow.

Where: Oxford Academy of Dance,  
533 S. Lapeer Rd, Ste C  
When: Wednesdays, September 3- October 22  
Time: 7:00 pm- 8:00 pm  
Cost: \$102 (Oxford Residents Subtract \$10)  
Code: 5810

## BELLYDANCE FOR EXERCISE

Adults 16 & Over Min: 6 Max: 15  
Taught by Cynthia Schankin of Dance for Fun, Inc.  
Explore and blend basic movements of this ancient art in this exercise formatted class. Maximum hip and arm strengthen as you integrate bellydance movements in a fun and uplifting way. Movements will shift from Fundamental movements, shimmies, veils and long scarves, every class something new.

Where: Dance for Fun, Inc.- 4800 Joslyn Rd., Lake Orion

When: Sundays, September 14- November 23  
(No Class Oct 12, Oct 19 & Nov 9)  
Time: 12:00 pm- 12:45 pm  
Cost: \$109 (Oxford Residents Subtract \$10)  
Code: 5805

When: Tuesdays, September 16- November 18  
(No Class Sept 30 & Nov 4)  
Time: 7:15 pm- 8:00 pm  
Cost: \$109 (Oxford Residents Subtract \$10)  
Code: 5806

## BELLYDANCE FOR EXERCISE

Enjoy bellydancing both Sunday and Tuesday  
Cost: \$159 (Oxford Residents Subtract \$10)  
Code: 5807

## ULTIMATE CONDITIONING

Adults 15 & Over

Taught by High Energy Fitness

It's all about a punch and a crunch, a kick and a curl in this blend of cardio and strength training using a variety of workouts like hi/low aerobics, cardio ball and muscle/core work. Get a strong, sleek body with this High Energy workout! Bring a mat, stability ball and hand weights to class.

Where: Clear Lake Elementary School Gym

When: Mondays & Wednesdays, September 15- December 10

Time: 7:00 pm- 8:00 pm

Cost: \$154 (Oxford Residents Subtract \$10)

Code: **6000**

## THE PRACTICE

Adults 15 & Over

Taught by High Energy Fitness

End your day right with 75 minute of yoga! You'll create a leaner, stronger and more flexible body by integrating body and mind. It's a yummy mindful and moving class. Bring a mat, towel/small blanket and a water bottle to class.

Where: Clear Lake Elementary School Gym

When: Mondays & Wednesdays, September 15- December 10

Time: 8:05 pm- 9:25 pm

Cost: \$166 (Oxford Residents Subtract \$10)

Code: **6001**

## TNT

Adults 15 & Over

Taught by High Energy Fitness

It's the next level of training! Your muscular strength and cardiovascular endurance will be tested when combined with kickboxing, bootcamp, athletic drills and muscle/core work. You'll sweat and work like There's No Tomorrow! Bring a mat, stability ball and hand weights to class.

Where: Clear Lake Elementary School Gym

When: Tuesdays & Thursdays, September 16- December 11

Time: 7:00 pm- 8:00 pm

Cost: \$154 (Oxford Residents Subtract \$10)

Code: **6002**

## CROSS TRAINING

Adults 15 & Over

Taught by High Energy Fitness

This program allows you to take advantage of all six classes offered by High Energy Fitness for one low fee! Lose weight and gain a stronger, leaner body by cross-training. Great for all fitness levels.

Where: Clear Lake Elementary School Gym

When: September 15- December 10

Time: Various

Cost: \$226 (Oxford Residents Subtract \$10)

Code: **6003**

## CARDIO KICKIN' BOOTCAMP

Adults 18 & Over Min: 6 Max: 35

Taught by BFIT-4U

Lose weight! Get fit! Taught by a certified instructor, this class will combine basic kickboxing and athletic moves that will increase your cardiovascular endurance, strength and flexibility. Are you up for the challenge? All fitness levels welcome. Bring to class hand weights, stability ball and sticky mat.

Where: Basketball America, 257 W. Clarkston Rd., Lake Orion

When: Tuesdays & Thursdays, September 9- December 18

Time: 9:30 am- 10:30 am

Cost: \$180 (Oxford Residents Subtract \$10)

Code: **6004**

## CORE STRENGTH

Adults 18 & Over, Min: 6

Max: 35

Taught by BFIT-4U

This specialized class will focus solely on the core muscle groups: Abs, back, hips & glutes. All fitness levels welcome. Bring to class hand weights, stability ball, and yoga (sticky) mat. Please wear supportive shoes.

Where: Basketball America, 257 W. Clarkston Rd., Lake Orion

When: Fridays, September 13- December 19

Time: 9:30 am- 10:30 am

Cost: \$95 (Oxford Residents Subtract \$10)

Code: **6005**

## SPECIAL COMBO OFFER

Adults 18 & Over

Taught by BFIT-4U

Combine both Cardio Bootcamp and Core Strength for your total body workout.

Where: Basketball America, 257 W. Clarkston Rd., Lake Orion

When: Tues, Thurs & Fri, Sept.9- December 19

Time: 9:30 am- 10:30 am

Cost: \$220 (Oxford Residents Subtract \$10)

Code: **6006**

Babysitting available (for an additional fee) at each class. Contact Theresa at (248) 318-5366 to register your child or for further information.

