



# Michigan Athletic Club

A Division of Sparrow

## Personal Training 2009 Fall Programs

Day	PT Program	Session Date	Times	Location	Instructor	Member	Guest
MON	PelviCore Functional Training <b>POS# 65526</b>	Sept. 14 – Nov 2	11:00 - 12:00am	PT Programs Room	Natasha Roberson	\$145	\$180
THURS	PelviCore Functional Training <b>POS# 65526</b>	Sept. 17 – Nov 5	5:00 - 6:00pm	PT Programs Room	Natasha Roberson	\$145	\$180
THURS	Kidz Functional Boot- Camp <b>POS# 65526</b>	SEPT 17- OCT 22	3:30- 4:30pm	PT Programs Room	Natasha Roberson	\$62	\$80
THUR	Weight Management <b>POS# 65523</b>	SEP 17- DEC 10	6:00 – 7:00pm	East Gym	Keri Morrison	\$125	\$150
TUE	Fit After 50 <b>POS# 65523</b>	SEP 22 – DEC 8	11:30am– 12:30pm	Multi-Purpose	Keri Morrison	\$125	\$150
MON	Functional Fat Loss For Everyone <b>POS# 65522</b>	SEPT 14 – OCT 19	6:00- 7:30pm	Coaches Corner	Justin Grinnell	\$120	\$160
TUES	Good Morning Boot Camp <b>POS# 65522</b>	ONGOING	6:00 – 7:00am	East Gym	Justin Grinnell	\$90	\$140
WED	Good Morning Boot Camp <b>POS# 65522</b>	ONGOING	9:00 – 7:00am	East Gym	Justin Grinnell	\$130	\$170
WED	Good Morning Boot Camp <b>POS# 65522</b>	ONGOING	6:00 – 7:00pm	Main/East Gym	Justin Grinnell	\$130	\$170
FRI	Boot Camp <b>POS# 65522</b>	ONGOING	6:00 – 7:00am	East Gym	Justin Grinnell	\$130	\$170
FRI	Boot Camp <b>POS# 65522</b>	ONGOING	9:00 – 10:00pm	East Gym	Justin Grinnell	\$130	\$170
MON & WED	Speed Strength and Conditioning Class <b>POS# 65522</b>	SEP 14 – OCT 21	4:00 – 5:00pm	East Gym	Justin Grinnell	\$199	\$239
MON	Intro -Fit Fore-Golf <b>POS# 65518</b>	OCT 19- NOV 23	6:00 – 7:00am	Studio 2	Rebecca Klinger	\$139	\$159
MON	Intro -Fit Fore-Golf <b>POS# 65518</b>	OCT 19- NOV 23	10:00- 11:00am	Studio 2	Rebecca Klinger	\$139	\$159
MON	Advanced Fit Fore-Golf <b>POS# 65518</b>	JAN 11- FEB 15	6:00 – 7:00am	Studio 2	Rebecca Klinger	\$139	\$159
MON	Advanced Fit Fore-Golf <b>POS# 65518</b>	JAN 11- FEB 15	10:00 11:00am	Studio 2	Rebecca Klinger	\$139	\$159
FRI	Strength & Spin <b>POS# 65504</b>	OCT 2 – NOV 6	9:15- 10:30am	Spin/Wgt	Beth Homan	\$130	\$155
FRI	Strength & Spin <b>POS# 65504</b>	OCT 11 – DEC 18	9:15- 10:30am	Spin/Wgt	Beth Homan	\$130	\$150
MON	Exercise & Diabetes <b>POS# 65535</b>	SEPT 14 – OCT 19	5:30- 6:45pm	PT Programs Room	Amanda Bombay	\$120	\$145
MON	Exercise & Diabetes (Session 2) <b>POS# 65535</b>	OCT 26 – NOV 30	5:30- 6:45pm	PT Programs Room	Amanda Bombay	\$120	\$145
WED	Yoga/Stretching For Seniors <b>POS# 65535</b>	SEPT 16 – OCT 21	10:30- 11:30am	Multi-Purpose	Amanda Bombay	\$75	\$90
WED	Yoga/Stretching For Seniors (Session 2) <b>POS# 65535</b>	OCT 28 – DEC 9	10:30- 11:30am	Multi-Purpose	Amanda Bombay	\$75	\$90