



## **Adrenaline Fitness Group Exercise Class Schedule**

Class location: Richard A. Young Rec. Center 5400 McKinley Dearborn Heights

Monday 6-6:50pm/Strictly Cardio
Tuesday 6-6:45pm/Mixed Bag Cardio
Tuesday 6:55-7:40pm/Total Body Toning
Wednesday 6-6:50pm/Strictly Cardio
Wednesday 7-7:50pm/30/60 Circuit

Call (313) 516-9228 or visit [www.adrenafit.com](http://www.adrenafit.com) for additional information.

1 class per week for 8 weeks/\$60
2 classes per week for 8 weeks/\$104
Unlimited classes for 8 weeks/\$120

***Registration is ongoing and prices will be pro-rated if joining midsession.***