



LADIES WEEKLY FITNESS SESSIONS

With A Professional Trainer

Every Wednesday

Starts: Wednesday January 8, 2014
8:30-9:30 am

At The Muslim Unity Center

Monthly Membership - \$20 per month

Full payment must be received on or before the 1st day of each month

To register please call 248-857-9200

Suggested Equipment

Floor Mat, gym shoes, weights, water and face towel (optional)

Trainer's Bio

Tiffany is a certified personal trainer and group exercise instructor; in addition she is a licensed Zumba fitness instructor. Tiffany, also holds a current CPR & First Aid certification. She is licensed through ZUMBA and certified through N.E.S.T.A. as well as AFAA fitness associations and American Red Cross. Tiffany teaches several formats of group fitness which include but are not limited to Step aerobics, Body Sculpting (weight lifting,) Kickboxing, Zumba, Cycling (spinning,) Yoga, Pilates, Boot Camp, and Body Conditioning.