

Pointe Fitness

Elite Training For Women

Has moved from the village to the main Pointe Fitness location on Harper Ave (on the service drive) between Moross and Allard.

A few more minutes and an extra couple of miles from the village for: A bigger room, more workout options, free parking, Workouts that have access to being outside.

Every women knows she would benefit from a weight program yet they're afraid to start. This is your chance to learn how.

- Individualized instruction in a supportive group setting.*
- Emphasis on form and posture using free weights.*
- Efficient Total Body workout lasting 40 to 50 minutes.*
- A workout every women has time for. Affordable, Only \$10.00 per individual.*

Reservations required, please call

313-283-3849 or email gymdogmoe@aol.com

Very appropriate for runners/walkers/and other activities Not appropriate for seniors and rehab situations.

Our Present Scheduled Times for summer:

Mon: 9 AM, and 7 PM, 8 PM

Tue: 9:00 AM, Thurs: 9 AM ,Friday: 9 AM

Wed: 6:AM, 10 AM Wed: 7 PM,

Saturday: 9:00 AM

call ahead to add yourself to any of our classes

Want Your own class? Here's what you have to do...

a. Contact some of your friends, neighbors, women from your club, etc. who might be interested in joining you in developing your own strength class, you need at least 6.

b. Contact me at the above number or email and make arrangements to meet at an agreed upon time.

c. Be ready to workout, all equipment provided