

Lets Get Fit Together!

2026-2027

Program Guide



DOWNLOAD OUR APP FOR EASY REGISTRATION



WWW.FRANKLINCLUB.COM



29350 NORTHWESTERN HIGHWAY
SOUTHFIELD, MI 48034
(248) 352-8000



CONTACT US

DIRECTORY

(248) 352-8000

GENERAL MANAGER

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CLOVE@FFRC.NET

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BASKETBALL

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GYMNASTICS

KAYLA JOHNSON EXT. 342
KJOHNSON2@FFRC.NET

ROYAL SWIM SCHOOL

EXT. 224
FRANKLIN@ROYALSWIMSCHOOL.COM



MEMBERSHIP

**A FITNESS COMMUNITY
WHERE EVERYONE IS
WELCOME**

At Franklin Athletic Club, we are more than just a fitness center. We're a place where you can achieve your fitness goals, meet new people, and enjoy a supportive environment for all ages and fitness levels. Now is a perfect time to become a part of our community.

For questions or to join contact Mikhayla at (248) 352 -8000 EXT. 212 or mdolson@ffrc.net

WHY JOIN FRANKLIN ATHLETIC CLUB?

STATE OF THE ART FITNESS FLOOR

We offer a wide range of cardio equipment, free weights, and strength equipment for every fitness level.

UNLIMITED GROUP CLASSES

Access to a wide variety of classes including Pilates, yoga, strength training and more.

PERSONAL TRAINING + FAC JUMP START

Get the most out of your membership with our FAC Jump Start. A complimentary fitness consultation and training session designed for you and your specific fitness goals.

LOCKER ROOM COMFORT

Unwind after your workout with our sauna, steam room, and whirlpool. Towel service is also included with your membership.

EXTENSIVE TENNIS PROGRAMS

With 13 indoor tennis courts and programs for adults and juniors, our tennis offerings include lessons, leagues, and clinics. Our members also receive half off walk-on court time, as well as court reservation opportunities.

CHILDCARE SERVICES

Workout stress free with our newly renovated Franklin Kids Club.

YEAR ROUND POOLS

Swim or relax in our heated indoor pool or take advantage of the outdoor pool during the warmer months.

RACQUETBALL + SQUASH COURTS

Enjoy complimentary court time for both racquetball and squash.

MEMBER DISCOUNTS

As a member you will receive discounts on additional programming such as tennis, camps, personal training, and more.



FAMILY EVENTS KIDS NIGHT OUT

(OR SHOULD WE SAY PARENT'S NIGHT OFF?!)



PRICING

MEMBERS: \$30 for the first child; \$20 for each additional sibling

NON-MEMBERS: \$60 for the first child; \$30 for each additional sibling

LATE PICK-UP FEE: \$1 per minute after 9:00 PM

Pre-registration is required at least 72 hours in advance



Time: 5:30 PM – 9:00 PM



Location: Banquet Room



What to Bring: Swimsuit, towel, water bottle, and life jacket (if needed)



Pizza dinner included

KIDS NIGHT OUT

Our Saturday night program is the perfect solution for parents looking for a few hours to themselves. Kids enjoy supervised free play, simple crafts, and age-appropriate activities in a safe, relaxed environment.

All ages. Children must be potty trained.

DATES:

October 17
November 14
December 12
January 23
February 13
March 13
April 10

CONTACT US AT FRANKLINCAMP@FFRC.NET
FOR MORE INFORMATION OR HELP WITH REGISTRATION
WWW.FRANKLINCLUB.COM



KIDS CLASSES

GYMNASTICS WITH KAYLA

Gymnastics builds coordination, balance, strength, and flexibility while teaching fundamental that benefit every sport. Kids gain new skills, confidence, and a love of movement in a fun, safe environment.

\$120 PER 6-WEEK SESSION

Happy Hoppers Ages 2 - 4

Monday: 4:30 PM - 5:15 PM

Wednesday: 4:30 PM - 5:15 PM

Saturday: 9:00 AM - 9:45 AM

Brave Bears Ages 5 - 7

Monday: 5:15 PM - 6:00 PM

Tuesday: 4:30 PM - 5:15 PM

Wednesday: 5:15 PM - 6:00 PM

Saturday: 9:45 AM - 10:30 AM

Cool Cats Ages 8 - 12

Monday: 6:00 PM - 4:55 PM

Tuesday: 5:15 PM - 6:00 PM

Thursday: 5:15 PM - 6:00 PM

Saturday: 10:30 AM - 11:15 AM

Acro/Tumbling Ages 6 - 14

Monday: 6:45 PM - 7:30 PM

Wednesday: 6:00 PM - 6:45 PM

Saturday: 11:15 AM - 12:00 PM

Session 1: September 9 - October 17

Session 2: October 26 - November 21

Session 3: November 23 - December 21

Session 4: January 4 - February 13

Session 5: February 22 - April 3

Session 6: May 6 - June 5

Open Gymnastics
Infant - 5 years old
Saturdays 12:15 PM - 12:45 PM
Free for Members | Non-Member \$8/week

BEGINNING BALLET W/ MS. MIKHAYLA

Beginning Ballet with Ms. Mikhayla offers an engaging and supportive introduction to ballet. This program focuses on fundamental ballet concepts, fostering coordination, musicality, and self-expression through age-appropriate exercises and creative movement. Ms. Mikhayla provides a nurturing environment where young dancers can develop basic techniques, build confidence, and cultivate a lifelong appreciation for the arts.

Class needs a minimum of 3 kids to run the class

Ages 3 - 5

Thursdays at 11:00 AM

Free for members

Non-Member: \$90/Session, \$75/5-week prorated session

Location: Dance Studio

Session 1: October 1 - November 5

Session 2: November 12 - December 17*

Session 3: January 7 - February 11

Session 4: February 18 - March 25

Session 5: April 1 - May 6

Session 6: May 13 - June 10*

*5-week pro-rated session

OPEN GYM

Join us for an afternoon of themed games, activities and open gym fun! Each month will feature a different theme with new activities to enjoy. Come ready to play and have fun!

Sundays 1:00 PM - 3:00 PM

Ages: 6 - 12

Members: \$30

Non-Member: \$60

Location: Gym

October 25

November 22

January 10

February 21

March 21

April 11

May - TBD

VISIT FRANKLINCLUB.COM FOR MORE INFORMATION,
REGISTRATION AND OTHER SPECIAL EVENTS



SCHOOL BREAK CAMPS

What better way to spend your time away from school than at Franklin Athletic Club? Our school break camps are packed with fun games, swimming, art, and so much more!

AGES: 3 - 12

TIME: 9:00 AM - 4:00 PM

MEMBERS: \$80/DAY
\$350/WEEK

NON-MEMBERS: \$90/DAY
\$400/WEEK

DATES:

November 3

November 25

December 21 - 23

December 28 - 30

January 18

February 15 - 19

March 29 - April 2

CREATE-YOUR-OWN CAMP

We can accommodate any school breaks not listed, as well as unexpected snow days. Must have a minimum of 6 kids to run any create-your-own and snow day camps. Swimming is not guaranteed.

TIME: 9:00 AM - 4:00 PM

NO AFTERCARE AVAILABLE

MEMBERS: \$80/DAY

NON-MEMBERS: \$90/DAY

Must email franklincamp@ffrc.net by 7:30 AM to register for snow day care

No walk-ins available

GYMNASTICS SCHOOL BREAK CAMP

Gymnastics helps with coordination, balance, strength, flexibility and so much more. Campers will learn fundamentals that will help them in any sport. Watch your camper develop new skills, build confidence, and grow through gymnastics in a fun and safe environment. No prior experience needed.

AGES: 6 - 12

TIME: 9:00 AM - 12:00 PM

MEMBERS: \$70/DAY

NON-MEMBERS: \$85/DAY

DATES:

December 21 - 23

December 28 - 30

January 18

February 15 - 19

Can be combined with School Break Camps for a full day experience



**PLEASE CONTACT FRANKLINCAMP@FFRC.NET OR CALL US AT
(248) 352-8000 EXT. 222 FOR MORE INFORMATION**



KIDS CAMPS

TENNIS HOLIDAY CAMPS

Franklin tennis camps provide young players the opportunity to improve their tennis skills in a fun and positive environment. Players will work hard, improve their game, make new friends and have fun! Daily and weekly camps include tennis and swimming. Our highly qualified tennis staff make camp educational while have lots of fun!

TIME: 9:00 AM - 4:00 PM
AGES: 6 - 14

DATES: December 21 - 23
December 28 - 30
March 29 - April 2

MEMBER:	NON-MEMBER:
\$90/Full Day	\$100/Full Day
\$75/Half Day	\$85/Half Day
\$410/Full Day, Full Week	\$460/Full Day, Full Week
\$345/Half Day, Full Week	\$395/Half Day, Full Week

*Walk-in price is an additional \$15/day

COACH GEO'S HOLIDAY HOOPMANIA

Spend the Holidays on the Franklin Basketball Courts with Coach Geo's Holiday HOOPMANIA Basketball Camp. This 3-day camp will include skill sessions, games, contests and plenty of holiday fun.

Older campers will participate in speed/strength training. Camp includes a reversible jersey for new players to MCE.

December 28 - 30

One Day: \$70
Three Days: \$180
Co-Ed Grades 3 - 8

NIKE WINTER BREAK CAMP

Take your game to the next level this winter with Nike Basketball Camp! Designed for players of all skill levels, this camp focuses on developing fundamental basketball skills through expert instruction, drills, position training, competition and scrimmages. Campers will work on shooting, ball handling, passing, footwork and overall game play while building confidence and having fun on the court.

DECEMBER 21 - 23

TIME: 9:00 AM - 3:00 PM

Visit www.ussportscamps.com for more information



PLEASE CONTACT FRANKLINCAMPOFFRC.NET OR CALL US AT
(248) 352-8000 EXT. 222 FOR MORE INFORMATION

BASKETBALL

FUTURE DUNKERS

Coach Falon returns for another season of creating "Future Dunkers"! These 4-week sessions will focus on learning both the Fundamentals, as well as the rules of the game. A great program for the beginner who wants to learn the game.

Co-Ed Grades K - 1

TUESDAYS 4:30 PM - 5:00 PM or 5:15 PM - 6:00 PM
\$110 per 4-WEEK SESSION

Session 1: September 22 - October 13
Session 2: October 20 - November 10
Session 3: November 17 - December 8
Session 4: January 18 - February 8
Session 5: February 22 - March 15
Session 6: April 5 - April 26

POWER SKILLS CLINIC

For players who are starting to find a love for basketball. These training sessions and clinics are the perfect opportunity to learn the game in a structured and challenging format. Coaches will explore a new skill each week and then scrimmage to practice what they have learned. All skill levels are welcome, but these clinics are best suited for competitive players looking to improve their skill set. Grades 5-7 will include strength/speed training.

Co-Ed Grades 2 - 6

WEDNESDAYS

Grades 2-4: 5:00 PM - 5:45 PM

Grades 5-6: 5:45 PM - 6:45 PM

\$130 per 7-WEEK SESSION

Session 1: October 6 - November 17
Session 2: January 20 - March 10 (No clinic 2/17)
Session 3: March 17 - April 14 (No clinic 3/31)

GIRLS POWER CLINIC

Join Coach Geo and his Evolution Basketball Staff as they teach the fundamentals of basketball in this fun and fast-paced clinic. Along with skill development, players will also get to know the rules of the game so they can properly implement the skills they are learning. All skill levels are welcome.

GIRLS IN GRADES 3 - 6

TUESDAYS: 5:00 PM - 6:00 PM

\$130.00 PER 7-WEEK SESSION

*Pro-rated fee: \$75

Session 1: October 6 - November 17
Session 2: January 19 - March 9 (No clinic 2/16)
Session 3: March 16 - April 13 (No clinic 3/30)*

GIRLS SPRING BASKETBALL LEAGUE

Friday Night Lights Girls Basketball League returns to Franklin for its 6th year! Players register as individuals and are placed on teams after a live evaluation. League will end with a post-season tournament and awards for championship teams.

Girls Grades 3 - 8

FRIDAY EVEINGS APRIL 9 - JUNE 11

\$175 PER PLAYER

Volunteer coaches are welcome and should contact Coach Geo at gthomas@ffrc.net for more information.

COACH GEO'S HOLIDAY HOOPMANIA

Spend the Holidays on the Franklin basketball courts with Coach Geo's Holiday HOOPMANIA Basketball Camp. This 3-day camp will include skill sessions, games, contests and plenty of holiday fun. Older campers will participate in speed/strength training. Camp includes a reversible jersey for new players to MCE.

**Co-Ed Grades 3 - 8
DECEMBER 28 - 30**

**3 Days: \$180
1 Day: \$70**

ADDITIONAL BASKETBALL LEAGUES, CLASSES AND CAMPS WILL BE FORMED.
QUESTIONS? CONTACT COACH GEO AT GTHOMAS@FFRC.NET





BASKETBALL

LADIES DROP-IN BASKETBALL

AGES 21+

TUESDAYS: 8:00 - 9:30 PM

Beggining in October

Franklin Women's Basketball League returns on Tuesday evenings. Players can drop in any Tuesday for \$10 and play 90 minutes of pick-up basketball games.

Participants must be 21+ and have some prior basketball experience Contact Noelle at hoopsmom42@yahoo.com for more information.

PRIVATE BASKETBALL LESSONS

PRIVATE LESSONS

1-on-1 training with a coach. An hour of skill development and focused training.

MEMBER: \$60 NON-MEMBER: \$70

SEMI-PRIVATE LESSONS:

Groups of 2 - 4. An hour of individual skill and group development with a coach.

Pricing and availability will vary based on the instructor.

PRIVATE RENTALS

Rent out a full or half court for practice, get-togethers and more.

For more information about court rentals and our shooting machine, contact Coach Geo at gthomas@ffrc.net

Prices available upon request.



ALL SKILL LEVELS WELCOME

ADDITIONAL BASKETBALL LEAGUES, CLASSES AND CAMPS WILL BE FORMED.
QUESTIONS? CONTACT COACH GEO AT [GTHOMAS@FFRC.NET](mailto:gthomas@ffrc.net)





FRANKLIN KIDS CLUB



OUR KIDS CLUB INCLUDES

Rock wall
Arcade Games

Monkey Bars
Area For Babies

Foam Pit
Two Story Loft with Slide

...and more!



Morning, evening and weekend hours



Member and non-member pricing available

PLEASE CONTACT REBECCA AT RLEPEREC@FFRC.NET
OR CALL US AT (248) 352-8000 EXT. 216 FOR MORE INFORMATION.



WHERE LEARNING BEGINS!

ENROLLING NOW

INFANT TO PRESCHOOL



OUR CURRICULUM

A blend of play based and structured learning activities.

-  Language Development
-  Mathematics
-  Science
-  Social/Emotional Learning
-  Arts and Crafts

ENRICHMENT PROGRAMS INCLUDED

-  ART
-  LITERACY IN MOTION
-  GYMNASTICS
-  STEM
-  TENNIS

CONTACT CHELSEA SMITH
csmith@ffrc.net (248) 352-5437

FRANKLIN ACADEMY PRESCHOOL
29633 FRANKLIN ROAD
SOUTHFIELD, MI 48034

franklinacademypreschool.com



BIRTHDAY PARTIES

Starting at \$400

A Franklin Athletic Club party is like no other! Granting children's birthday wishes is what our staff does best! We believe in imaginative parties and encourage children to make believe, make friends, and have **fun!**



OPEN PLAY

Free play fun with games and activities for all ages.



BASKETBALL

Shoot, dribble, and play full-court games with friends.



GYMNASTICS

Jump, tumble, and flip in a safe, guided setting.



SWIM

Make a splash with pool games and water fun.



KIDS CLUB

Explore our brand-new space! Rock wall, foam pit, arcade games, & more!



BOUNCE HOUSE

Jump, bounce, and laugh in our inflatable fun zone.

ALL BIRTHDAY PARTIES INCLUDE:



2-HOUR PARTY

with access to the gym and banquet room or cafe



UP TO 15 CHILDREN



USE OF BIKES, SCOOTERS
& OTHER GYM EQUIPMENT
(available upon request)



A DEDICATED
STAFF MEMBER

SPECIAL EVENTS

A Franklin Athletic Club event is like no other! With versatile spaces and a welcoming atmosphere, every occasion becomes a memorable experience.



BAR/
BAT MITZVAHS



BRIDAL
SHOWERS



BABY
SHOWERS



GRADUATION
PARTIES



CHARITY
EVENTS



TEAM
BANQUETS

FOR MORE INFORMATION OR TO BOOK A PARTY,
CONTACT REBECCA LEPERE AT (248) 352-8000 EXT. 216 OR RLEPERE@FFRC.NET



ZONE DANCE CENTER

FALL 2026 CLASS SCHEDULE

MONDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
5:00 pm		Teen Ballet	
6:00 pm		Teen Jazz	Int/Adv Tap
7:00 pm	Adult Hip-Hop	Int/Adv Jazz	Tap III
8:00 pm	Contemporary		

TUESDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
5:00 pm		Pre-I	Pre-II
5:45 pm		Cecchetti I	Pre-Jazz
6:30 pm	Green Zone	Cecchetti II	
7:30 pm	Adult Jazz	Yellow Zone	

WEDNESDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
4:30 pm	Cecchetti VI	Cecchetti V	
5:00 pm			Ballet I
5:45 pm		Pointe II/III	
6:00 pm	Lyrical III		Tap I
7:00 pm	Int/Adv Ballet	Ballet III	Jazz I
8:00 pm	Red Zone	Pointe I	Adult Tap

THURSDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
5:00 pm		Cecchetti IV	
5:15 pm			Pre-Hip Hop
6:00 pm		Cecchetti III	Pink Zone
7:00 pm		Orange Zone	
8:00 pm			

FRIDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
5:00 pm		Tap II	
6:00 pm	Lyrical II	Teen Hip Hop	
7:00 pm	Jazz III	Hip Hop II	

SATURDAY

TIME	FITNESS	STUDIO 1	STUDIO 2
9:00 am		Pre-I	Pre-II
9:45 am		Pre-I	Pre-Jazz
10:30 am		Pre-II	Pre-III
11:15 pm	Primary Ballet		Pre-Jazz II
12:00 pm	Lyrical I	Primary Tap	Pre-III A
12:45 pm	Hip Hop I	Primary Jazz	
1:30 pm	Jazz II	Ballet I	Primary Hip Hop
2:30 pm	Ballet II	Tap I	
3:30 pm	Jazz I		Modern I
4:30 pm	Modern II		
5:30 pm	Production		



Classes meet once a week at
FRANKLIN ATHLETIC CLUB
 29350 Northwestern Hwy.
 Southfield, MI 48034

MONTHLY TUITION RATES

CLASSES/MONTH	1	2	3	4	5
FEE/MONTH	\$60	\$105	\$130	\$145	\$160

Additional \$10 per class for 6 classes and greater.

- \$25 Registration fee
- 10% family discount for family members living in same household
- Drop-In classes \$20 and are recommended for adult students only
- Monthly tuition is non-refundable

AGE LEVELS

PRE-DANCE I	2.5 - 4	LEVEL III	11 + *
PRE-DANCE II	5 - 6	TEEN	12 +
PRE-DANCE III	7 - 8	INTERMEDIATE	12 + *
PRIMARY	8	ADVANCED	13 + *
LEVEL I	9 +	ADULT	18 +
LEVEL II	10 +		

* With Experience

REQUIREMENTS

- Pre-Jazz, Pre-Jazz II, Pre-Hip Hop students must be enrolled in Pre-Dance II or Pre-Dance III.
- All Pointe, Level III and Int./Adv students must be enrolled in a Ballet class and Cecchetti Ballet Class.
- Pointe classes and Level III classes are by recommendation only. Lyrical, Modern students must be enrolled in a Ballet and a Jazz class.
- Contemporary students must be enrolled in Int./Adv Ballet and Int./Adv Jazz.



For more information and up-to-date schedule, please visit

zonedancecenter.com

Become a Zone Fan follow us on



/TheZoneDanceCenter



/TheZoneDanceCenterLLC



2026-2027 VOLLEYBALL ELITE ACADEMY & FRANKLIN ATHLETIC CLUB

VOLLEYBALL PROGRAMMING

FUNDAMENTAL SESSIONS

For novice players

Ages 5 - 14

Sundays 10:00 AM – 11:00 AM

Cost: \$150

INTERMEDIATE SKILLS SESSIONS

For experienced players

Ages 10 – 18

Sundays 11:00 AM – 12:00 PM

Cost: \$150

SESSIONS

SESSION 1

September 13 –
October 18

SESSION 2

November 8 –
December 13

SESSION 3

January 10 –
February 14

SESSION 4

March 7 – April 18
(No class March 28)

SESSION 5

May 16 – June 27
(No class June 20)

SPRING BREAK CAMP

March 22 – 25 (Monday – Thursday)

5:30 PM – 7:00 PM

Cost: \$100/participant

SUMMER TRAINING SERIES

July 5 - August 13 (Monday - Friday)

5:30 PM – 6:30 PM

\$30/session or \$150/week



FOR QUESTIONS OR MORE INFORMATION, CONTACT COACH DANA COOPER
AT COACHCOOPER@VOLLEYBALLELITEACADEMY.COM
WWW.VOLLEYBALLELITEACADEMY.COM





RUN CLUB

YOUTH SPEED + ATHLETIC PERFORMANCE

AGES 6 - 18
MONDAY & WEDNESDAY
5:30 PM - 7:00 PM

A 90-minute performance session for youth athletes ages 6-18 who want to become faster, stronger and more technically sound. Training includes sprint mechanics, acceleration, maximum velocity, metrics, hurdle fundamentals, relay exchanges, long jump, strength/core, mobility, coordination and recovery. Ideal for track & field, football, basketball, soccer, baseball/softball, volleyball, lacrosse, cheer and other sports. **No previous track experience is required.**

RACE WALKING

TUESDAY
5:30 PM - 7:00 PM

Technique-focused coaching for beginners and experienced participants. Sessions develop posture, heel-to-toe mechanics, cadence, coordinated arm action, hip movement, rhythm, speed and endurance while building efficient race-walking form.

ADULT RUNNING CLUB

THURSDAY
5:30 PM - 7:00 PM

A coached running experience for adults who want better fitness, running mechanics, endurance and confidence. Sessions combine dynamic preparation, form instruction, paced running or intervals, mobility, strength/core and recovery, with training scaled to individual ability.

SESSIONS + PRICES

SESSION 1

September 8 –
October 22

Member: \$200
Non-Member: \$250

SESSION 2

November 3 –
December 17

Member: \$200
Non-Member: \$250

SESSION 3

January 5 –
February 18

Member: \$200
Non-Member: \$250

SESSION 4

March 2 –
April 15

Member: \$200
Non-Member: \$250

MEET COACH ANGELO FINNIE SR.

Founder & Head Coach of Reach Your Peak Performance Academy. Former University of Detroit Mercy Track & Field athlete and university school record holder. Current Assistant Track & Field Coach at West Bloomfield High School, with 12+ years of youth club coaching, 5+ years of high school coaching, and collegiate track coaching experience.



Parent Involved

Ages 6 months - 4 years



Splash

Ages 2 - 5 years



Waves

Ages 5 - 10 years



Teen

Ages 11 - 17 years



Adult

Ages 18 year & up

GROUP, SEMI-PRIVATE AND PRIVATE LESSONS AVAILABLE.

FOR SCHEDULES AND REGISTRATION, PLEASE VISIT ROYALSWIMSCHOOL.COM

JUNIOR TENNIS

LEVEL 1 - LEVEL 6 DATES

SESSION 1: September 8 – October 17
REGISTRATION OPENS AUGUST 10

SESSION 2: October 18 – November 28
REGISTRATION OPENS OCTOBER 5

SESSION 3: November 29 – January 23
REGISTRATION OPENS NOVEMBER 16

SESSION 4: January 21 – March 6
REGISTRATION OPENS JANUARY 11

SESSION 5: March 7 - April 24
REGISTRATION OPENS FEBRUARY 22

SESSION 6: April 25 - June 4
REGISTRATION OPENS APRIL 12

NO CLASS

LABOR DAY: September 7

THANKSGIVING: November 26 - 28

WINTER BREAK: December 20 - January 2

SPRING BREAK: March 28 - April 3

MEMORIAL DAY: May 29 - 31

*Classes not 6 weeks long are prorated

Make-up Policy

If you need to miss a class, please notify the tennis office at least 1 hour before your scheduled class and we will issue a make-up session. Make-ups will not be issued without advanced notice. Please call (248) 352 - 8000 ext. 250 or email mtipton@ffrc.net to schedule. Make-ups are not guaranteed as they are dependent on class availability.

Registration Procedure

Session 1 registration opens on August 11th. Once in a group class, you have priority registration. To secure your spot, register at least 2 weeks prior to the start of open registration. Open registration dates are listed above. Contact the tennis office at (248) 352-8000 ext. 250 or email mtipton@ffrc.net to register.

Click here for more information on our junior tennis programs

LEVEL 1 RED AGES 4 - 6

Interactive play time introducing the fundamentals of tennis in game-based environment. Focus on development of motor skills, movement and balance through fun activities and games. Use of red felt balls and 36ft courts. (Must be 4 years old by 9/2/2026)

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$120 Non-member: \$144

Mondays 4:00 PM - 4:30 PM
Wednesday 4:30 PM - 5:00 PM
Fridays 5:30 PM - 6:00 PM
Saturdays 10:00 AM - 10:30 AM
Saturdays 11:30 AM - 12:00 PM

LEVEL 2 RED AGES 4 - 6

Players are introduced to the fundamentals of tennis through activities designed to build a solid foundation for long term athletic development. Activities are focused on developing agility, balance and coordination all while forming the skills necessary to serve, rally and score. Use of red felt balls on 36-foot courts. (Must be 4 years old by 9/2/2025)

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$120 Non-Member: \$144

Mondays 4:30 PM - 5:00 PM
Wednesdays 4:00 PM - 4:30 PM
Fridays 5:00 PM - 5:30 PM
Saturdays 10:30 AM - 11:00 AM
Saturdays 11:00 AM - 11:30 AM

LEVEL 3 RED AGES 6 - 8

In this class, players continue to sharpen their agility, balance and coordination while beginning to develop more dynamic movement and footwork. Ability to intentionally place the ball to short, deep and side-to-side is crucial. **Recommend 1-2 days a week at this level.**

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$186 Non-Member: \$234

Mondays 5:00 PM - 6:00 PM
Wednesdays 5:00 PM - 6:00 PM
Fridays 4:00 PM - 5:00 PM
Saturdays 10:00 AM - 11:00 AM
Saturdays 11:00 AM - 12:00 PM

LEVEL 4 ORANGE AGES 6 - 8

This class is for players with little or no tennis experience. Players will be introduced to the fundamentals of tennis through drills and rally games. Orange balls on a 60-foot court. **Recommended 1-2 days a week at this level.**

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$186 Non-Member: \$234

Mondays 4:00 PM - 5:00 PM
Fridays 5:00 PM - 6:00 PM
Saturdays 11:00 AM - 12:00 PM

LEVEL 5 ORANGE AGES 7 - 11

Players utilize control, spin and positioning to their advantage while also being able to consistently rally and cooperate with a partner. Players will be introduced to topspin and underspin on both forehand and backhand strokes. Orange balls on a 60-foot court.

Recommended at least 2 days a week at this level.

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$186 Non-member: \$234

Wednesdays 5:00 PM - 6:00 PM
Fridays 4:00 PM - 5:00 PM
Saturdays 10:00 AM - 11:00 AM

LEVEL 6 GREEN AGES 8 - 12

This level included a large element of competition and point play focus. The ability to maintain proper technique during points and proficiency on serve is a necessity before graduation to the next level. Green balls on a 78-foot court. **Recommended at least 2 days a week at this level.**

ONCE A WEEK, 6 WEEK SESSIONS
Member: \$186 Non-member: \$234

Mondays 5:00 PM - 6:00 PM
Wednesdays 4:00 PM - 5:00 PM
Saturdays 11:00 AM - 12:00 PM



JUNIOR TENNIS



USTA Junior Team Tennis is a league designed around "fun, camaraderie and teamwork". The teams are co-ed, matches start in October and are played on Saturday and Sunday afternoons. In order to make team minimums, sign up by mid-September. Participants are required to become a USTA member.

Ages Levels: 10 & under
12 & under
14 & under
18 & under

Beginner, intermediate and advanced level players play in each age group. All players will play singles and doubles at each match.

PRIVATE LESSONS

Franklin's professional teaching staff is ready to help improve your game. One way to get maximum instructional value is to sign up for a private lesson. A 5% discount on private lessons is available with the purchase of a 10-lesson package. Semi-private (2 players) and tri-private (3 players) lessons are also available. Private lessons require a 24-hour notice for cancellations.

MATCH PLAY **Sundays 3:00 PM - 5:00 PM**

This is the best way to simulate and practice playing matches. Players will play both singles and doubles.

MEMBER: \$40

NON-MEMBER: \$46

MEMBER 10-LESSON PACKAGE: \$370

NON-MEMBER 10-LESSON PACKAGE: \$430

*Pre-registration required online or through our app

PRIVATE JUNIOR CLINICS

A personalized clinic allows a group of 3 or more to form your own class. Call the tennis department at (248) 352-8000 ext. 250 for more information and pricing.

TENNIS HOLIDAY CAMPS

Franklin tennis camps provide young players the opportunity to improve their tennis skills in a fun and positive environment. Players will work hard, improve their game, make new friends and have fun! Daily and weekly camps include tennis and swimming. Our highly qualified tennis staff make camp educational while have lots of fun!

TIME:
9:00 AM - 4:00 PM

AGES: 6 - 16

DATES:
December 21 - 23
December 28 - 30
March 29 - April 2

MEMBER:
\$90/Full Day
\$75/Half Day
\$410/Full Day, Full Week
\$345/Half Day, Full Week

NON-MEMBER:
\$100/Full Day
\$85/Half Day
\$460/Full Day, Full Week
\$395/Half Day, Full Week

*Walk-in price is an additional \$15 per day

FOR MORE INFORMATION OR TO REGISTER, REACH OUT TO MEREDITH IN THE TENNIS OFFICE AT (248) 352- 000 EXT. 250 OR MTIPTON@FFRC.NET

TEEN BEGINNER TENNIS 101

This 6-week program is for teenagers that are relatively new to tennis. Students will be introduced to basic skills of tennis including ground strokes, volleys, overheads and serves. Learning to rally and play points will be emphasized. Each session is 6 weeks.

Ages 12 - 17

MONDAYS 6:00 PM - 7:00 PM
THURSDAYS 6:00 PM - 7:00 PM
Member: \$186 Non-Member: \$234

PROGRAM DATES

HIGH SCHOOL EXCELLENCE/ TOURNAMENT DEVELOPMENT/ TOURNAMENT EXCELLENCE

SESSION 1: September 8 - November 28

Registration opens August 10

SESSION 2: November 29 - March 6

Registration opens November 16

SESSION 3: March 7 - June 4

Registration opens February 22

NO CLASS

Labor Day: September 7

Thanksgiving: November 26 - 28

Winter Break: December 20 - January 2

Spring Break: March 28 - April 3

Memorial Day: May 29 - 31

*Classes not 12 weeks long are prorated

HIGH SCHOOL EXCELLENCE

This class is ideal for middle school or J.V. level high school players looking to play on their school team. Stroke technique and point play doubles strategy will be the focus of this class. Recommended at least 2 days a week at this level. Each session is 12 weeks.

Ages 12 - 16

SUNDAYS 1:00 PM - 3:00 PM

Member: \$576 Non-Member: \$672
Drop-in Member: \$53 Drop-in Non-Member: \$61

TOURNAMENT EXCELLENCE PROGRAM

This program is designed for players that compete in sectional and national tournaments or play on their varsity high school team. Players in this class are technically sound and tactically engaged. This program develops on-court technique, footwork and conditioning with a strong emphasis on match play and strategy. Recommended at least 2 days a week at this level. Each session is 12 weeks.

Ages 12 - 18

TUESDAYS: 4:00 PM - 6:00 PM
THURSDAYS 4:00 PM - 6:00 PM

1 day a week:	Member: \$660	Non-Member: \$756
2 days a week:	Member: \$1,176	Non-Member: \$1,368
Drop-in:	Member: \$58	Non-Member: \$66

TOURNAMENT EXCELLENCE CAMPS

DATES

December 22

December 29

4:00 PM - 6:00 PM

MEMBER: \$55 NON-MEMBER \$63

TOURNAMENT DEVELOPMENT PROGRAM

This program is designed for players who have chosen tennis as a primary sport and are actively and regularly participating in 10U or sanctioned tournaments, or for the player who participates in their middle school or J.V. team. Discipline and hard work are stressed, while concentrating on stroke technique and point play. Regular felt balls on a 78-foot court. **Recommended at least 2 days a week at this level.**

Each session is 12 weeks. Ages 10 - 14

MONDAYS 4:00 PM - 6:00 PM **FRIDAYS** 4:00 PM - 6:00 PM **SATURDAYS** 10:00 AM - 12:00 PM

1 day a week:	Member: \$576	Non-Member: \$672
2 days a week:	Member: \$1,008	Non-Member: \$1,200
Drop-in:	Member: \$53	Non-Member: \$61

JUNIOR TENNIS MEMBERS ENROLLED IN THE TENNIS TOURNAMENT DEVELOPMENT AND EXCELLENCE PROGRAMS RECEIVE FREE WALK-ON COURT TIME DURING THE SESSION IN WHICH THEY ARE ENROLLED.



ADULT TENNIS

USTA LEAGUES

Tennis players can take part in organized USTA Leagues throughout the year at Franklin Athletic Club. USTA Tennis is a great way to enjoy competitive tennis playing with and against a variety of players from the area.

SINGLES	18 & OVER
DOUBLES	40 & OVER
MIXED DOUBLES	55 & OVER
	65 & OVER

SUBURBAN LEAGUES

Franklin Athletic Club fields teams at all levels for women of the Suburban Tennis League. Teams compete September through May, followed by a season ending playoff.

PRACTICES BEGIN SEPTEMBER 9th

SENIOR TENNIS PRACTICE: DRILL + PLAY

Start your day with a low intensity practice.

MONDAYS	WEDNESDAYS	FRIDAYS
8:30 - 9:30 AM	8:30 - 9:30 AM	8:30 - 9:30 AM
MEMBER: \$12 NON-MEMBER: \$20		

LADIES PICKUP TENNIS

Doubles and singles play is organized on a daily basis for all levels.

1.5 HOUR SINGLES:	MEMBERS: \$17 NON-MEMBERS: \$25
2 HOUR SINGLES:	MEMBERS: \$22 NON-MEMBERS: \$30

PERMANENT COURT TIME

Never miss playing because you can't get a court. Reserve your permanent court time at a discounted rate and you will always have a court waiting for you.

ADULT TENNIS LEAGUES

Franklin offers adult tennis leagues ranging from levels 2.5 to 5.0. Two sessions are offered throughout the year during the day and evening. Non-members may participate for an additional fee.

SESSION 1: September 8 – December 20

SESSION 2: January 4 – May 16

Mondays	Ladies 3.0 Single League 7:00 PM - 8:00 PM
Mondays	Men's 3.5+ Singles 8:00 PM - 9:30 PM
Tuesdays	Men's 4.0+ Doubles 8:00 PM - 10:00 PM
Wednesdays	Men's 5.0 Doubles 8:00 PM - 10:00 PM
Wednesdays	Men's 3.5+ Mixed Doubles 8:00 PM - 10:00 PM
Thursdays	Men's 3.5 Doubles 7:00 PM - 9:00 PM
Thursdays	Men's 3.0 Doubles 8:00 PM - 9:30 PM

FOR MORE INFORMATION OR TO REGISTER, REACH OUT TO MEREDITH IN THE TENNIS OFFICE AT (248) 352-8000 EXT. 250 OR MTIPTON@FFRC.NET

FAC IS HOME TO LAWRENCE TECH UNIVERSITY + MOTOR CITY TENNIS ALLIANCE



ADULT TENNIS

COURT FEES

Only members can reserve court time
Guests with members must pay a \$25 guest fee

MONDAY - FRIDAY

Open - 9:00 AM	\$31
9:00 AM - 12:00 PM	\$45
12:00 PM - 3:00 PM	\$31
3:00 PM - 9:00 PM	\$45
9:00 PM - 10:00 PM	\$31

SATURDAY, SUNDAY & HOLIDAYS

Open - 8:00 PM	\$31
8:00 AM - 9:00 PM	\$45

Omni Members receive half-off walk on court time. Tennis members in select programming also receive half off walk on court time.

BALL MACHINE

\$12/Hour + Court Time

RACQUETBALL + SQUASH

If you are looking for a fun way to get in shape and stay in shape, try racquetball or squash! For more information about leagues and current programming or to register for a class, please contact the tennis office.

CARDIO TENNIS

Cardio tennis is a fun group activity featuring drills and music that will give you an ultimate high energy workout.

LEVEL 2.5 - 3.0

Fridays 9:30 AM - 11:00 AM

Wednesdays 9:30 AM - 11:00 AM

LEVEL 3.0+

Mondays 9:30 AM - 11:00 AM

Tuesdays 9:00 AM - 11:00 AM

Wednesdays 9:30 AM - 11:00 AM

Thursdays 9:00 AM - 11:00 AM

Fridays 10:30 AM - 12:00 PM

Fridays 6:00 PM - 7:30 PM

1 HOUR: MEMBER: \$33 NON-MEMBER: \$42
1.5 HOURS: MEMBER: \$39 NON-MEMBER: \$49

ORGANIZED PRACTICE

An organized practice is a great way to work on your game. You will hit hundreds of balls and work on all of your strokes.

Mondays	6:00 PM - 8:00 PM (3.5+)
Tuesdays	6:00 PM - 8:00 PM (3.5+)
	6:00 PM - 8:00 PM (2.5-3.0)
	8:00 PM - 10:00 PM (4.5+)
Wednesdays	6:00 PM - 8:00 PM (3.5+)
Thursdays	11:00 AM - 1:00 PM (2.5+)
	8:00 PM - 10:00 PM (3.5+)
Fridays	6:00 PM - 8:00 PM (3.5+)
Saturdays	8:00 AM - 10:00 AM (2.5-3.0)
	12:00 PM - 2:00 PM (3.5+)
Sundays	11:00 AM - 1:00 PM (3.5+)
	11:00 AM - 1:00 PM (4.0+)

2 HOURS: MEMBER: \$40 NON-MEMBER: \$50

ADULT CLINICS

Franklin Athletic Club offers beginner and advanced beginner group lessons. Learn to play today!

Six week sessions, October through April. Morning, afternoon and evening times available. Call the tennis department to find a time that works for you!

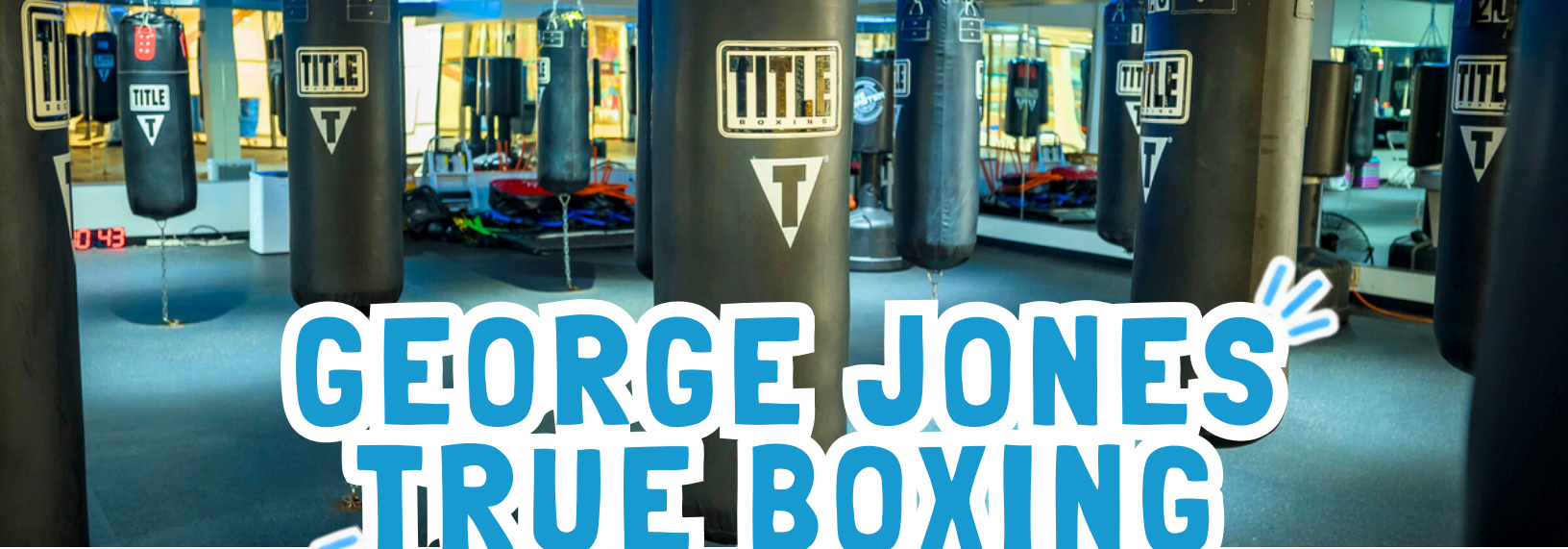
1 HOUR: MEMBER: \$174 NON-MEMBER: \$210
1.5 HOURS: MEMBER: \$240 NON-MEMBER: \$276

All participants receive half-off walk-on court time. Please reserve in the tennis office.

PRIVATE CLINICS

A "personalized" clinic allows a group of three or more to choose their instructor, day and time for their very own eight week tennis clinic!

	MEMBER RATES		NON-MEMBER RATES	
	1 HR	1.5 HRS	1 HR	1.5 HRS
3 PERSON	\$312	\$416	\$376	\$480
4 PERSON	\$296	\$392	\$360	\$456
5 PERSON	\$280	\$368	\$344	\$432
6 PERSON	\$264	\$344	\$328	\$408
	MEMBER RATES		NON-MEMBER RATES	
	2 HRS		2 HRS	
4 PERSON	\$510		\$574	
5 PERSON	\$408		\$472	



GEORGE JONES TRUE BOXING

Introduce yourself to the exciting world of boxing with our Youth and Adult Athletic Training Programs. Learn the fundamentals of boxing from stance to punch techniques in a fun and engaging environment. Our summer camps offer even more intensive training combining fitness with enjoyable activities for all ages.

SPEED BAG • HEAVY BAG • SPEED BALL • SHADOW BOXING • FOOT WORK



PEEWEE PUNCHERS

AGES 5-7

Tuesdays 4:00 PM - 4:45 PM



JUNIOR JABBERS

AGES 7+

Mondays 5:00 PM - 5:45 PM
Tuesdays 4:45 PM - 5:30 PM
Thursdays 4:45 PM - 5:30 PM
Saturdays 11:00 AM - 11:45 AM



ADULT KNOCKOUT FITNESS CREW

Mondays 6:00 PM - 6:45 PM
Thursdays 6:00 PM - 6:45 PM
Saturdays 10:00 AM - 10:45 AM



**CONTACT LISA SOVERINSKY AT
(248) 352-8000 EXT. 273 OR LSOVERINSKY@FFRC.NET
TO PURCHASE A PACKAGE**



FITNESS

FRANKLIN PT DEMO DAYS

A complimentary training session where you can meet with a trainer, try a workout session and see how you can improve. Times are flexible and you can sign up online under PT DEMO DAYS. We will arrange the demo during that week at a time that works for you.

Demo Days will run the week of October 12th - October 16th

EVER WONDER WHAT YOUR FITNESS LEVEL IS?

Franklin Athletic Club offers members a complimentary Fitness Assessment. We will look at your muscle to fat ratio, strength, mobility, balance and more and determine the best way for you to accomplish your fitness goals!

FALL FITNESS CHALLENGE

October 5 – November 13, 2026

Registration: \$25 | Open to All Omni Members

\$25 registration fee. A portion of proceeds will benefit The Susan G. Komen in support of breast cancer research and services.

All participants receive a Franklin T-shirt.

Challenge yourself, stay consistent and earn points along the way! Over six weeks, participants can earn points by checking into the club, attending group fitness classes and completing Personal Training, Private Pilates and Tru Boxing sessions. Climb the leaderboard, work toward your personal fitness goals and compete for prizes throughout the challenge.

KICKOFF EVENT

Saturday, October 3 | 11:00 AM

Join us on the basketball courts for InBody assessments, circuit training with Coach Brennis, a live DJ and more!

AWARDS CEREMONY

Saturday, November 21 | 11:00 AM

Prizes include a Garmin fitness watch, free membership, private training sessions, a fitness bundle and more!

More challenge details, point information and registration information coming soon.

SIGN UP FOR YOUR FREE FITNESS ASSESSMENT NOW!

**CALL LISA SOVERINSKY AT
(248) 352-8000 EXT. 273 OR LSOVERINSKY@FFRC.NET**





PILATES

Pilates is a low-impact exercise method that focuses on core strength, flexibility, and mindful movements to improve posture, balance and overall body awareness. Suitable for all fitness levels.

BASIC PILATES

Basic Pilates classes focus on low-impact exercises to build core strength, improve flexibility, and enhance body alignment through slow, controlled movements and breath control.

FREE FOR OMNI MEMBERS

MAT PILATES

Lengthen & strengthen all the muscles of the body with emphasis on the 'core'. This class may or may not use small equipment such as foam roller, power rings, balls, etc.

FREE FOR OMNI MEMBERS

PRECISION BARRE

A ballet inspired workout focused on building strength and toning muscles, targeting specific areas with small, precise and controlled movements.

FREE FOR OMNI MEMBERS

ADVANCED PILATES

Advanced Pilates classes build on foundational skills with more complex movements, increased intensity and greater focus on strength, stability and precision. Ideal for those with prior Pilates experience looking to deepen their practice.

ADDITIONAL CHARGES APPLY

**NEW CLASSES ADDED REGULARLY
CHECK OUR WEBSITE FOR THE MOST UP-TO-DATE SCHEDULE**



LOCATION
Pilates Studio



Basic, Mat and
Precision Barre are
free for all members



Pre-registration is
required for all
classes



Please cancel
24 hours in advance
to avoid \$10 no-show fee

**THIS SCHEDULE IS SUBJECT TO CHANGE.
VISIT FRANKLINCLUB.COM FOR THE MOST UP-TO-DATE SCHEDULE
TO SET UP PRIVATE TRAINING SESSIONS, PLEASE CONTACT LISA SOVERINSKY AT
(248) 352-8000 EXT. 273 OR EMAIL LSOVERINSKY@FFRC.NET**



STRONG + STEADY YOGA

This yoga focuses on creating space and strength in the back through a series of related postures. Perfect for those looking to enhance their back strength and flexibility.

Location: Yoga Studio
Fridays 10:45 AM

RESTORATIVE YOGA

A gentle slow, still style of yoga that involves long, passive holds in a series of 4-6 restful poses. You will be encouraged to achieve a deepened state of total relaxation and release.

Location: Yoga Studio
Wednesdays 10:45 AM



SLOW FLOW YOGA

A beginner - intermediate yoga flow (Vinyasa) at a slower pace. An abbreviated version of Vinyasa incorporating slow flow Vinyasa with Hatha yoga postures.

Location: Yoga Studio
Mondays 10:45 AM
Mondays 6:00 PM
Saturdays 9:00 AM



VINYASA YOGA

A continuous flow of movement and breath using the traditional flow to correct postures and create a warmth allowing you to open into greater flexibility and strength.

Location: Yoga Studio
Sundays 8:30 AM

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GROUP FITNESS

Our group fitness program offers something for everyone. Whether you're just starting out or looking to take your workouts to the next level. With motivating instructors, a supportive community, and a welcoming environment for all fitness levels, you'll find a class that fits your goals and keeps you coming back.

Free for members | \$30 for non-members (Non-members may visit up to 5x per year)

AQUA FITNESS

A cardio workout that gets your body moving in large range of motion, easy to follow choreography in a supportive water environment that will challenge your cardio endurance. Suitable for YOUNG AT HEART participants.

Location: Pool

Mondays 8:00 AM w/ Renee

Tuesdays 8:00 AM w/ Marci

Wednesday 8:00 AM w/ Marci

Fridays 8:00 AM w/ Marci

Sundays 8:00 AM w/ Peggy

BOOT CAMP + TOTAL BODY HIIT

A Unique high level training session with our top personal trainers. Get back to the heart of fitness with drills and skills in an athletic circuit format.

Location: Aerobics Studio

Mondays 6:00 PM

Wednesdays 7:00 AM

Fridays 6:30

GERORGE JONES TRUE BOXING

Whether you're a beginner or have boxing experience, you'll find the training supportive and transformative. Focus on improving strength, speed, and agility, all while enjoying the camaraderie of a diverse group of training partners. It's the perfect way to spice up your fitness routine and see tangible results.

Location: Kickboxing Studio

Mondays 6:00 PM

Thursdays 6:00 PM

Saturdays 10:00 AM

BALANCE, CORE + STRENGTH

This class is all about muscle conditioning, core strength and balance. No high impact movements, just strengthen your overall body definition. Using a variety of equipment, working on stability and increased strength!

Location: Aerobics Studio

Tuesdays 9:00 AM w/ Lisa

Fridays 10:00 AM w/ Lisa

CYCLE

Take a ride indoors as an instructor guides you through a mixture of intervals, drills, and hills with a variety of speed and tensions. The focus is on proper cycle technique, body alignment, and cardio drills. Technology is also utilized to project metrics of your ride (RPM, speed, heart rate, etc.). Each ride offers a different challenge and focus, so be prepared to sweat!

Location: Spin Studio

Tuesdays 10:00 AM w/ Ken

Tuesdays 6:00 PM w/ Stephanie

Thursdays 9:00 AM w/ Ken

Thursdays 6:00 PM w/ Will

Saturdays 9:00 AM w/ Stephanie

Sundays 11:00 AM w/ George C

STRENGTH + STRETCH

This class combines exercises to build strength and improve flexibility by targeting various muscle groups, incorporating full body weight movements, stretches and improving overall fitness.

Location: Aerobics Studio

Thursdays 10:00 AM

THIS SCHEDULE IS SUBJECT TO CHANGE.

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KICKBOXING with George

Join us for a high-energy, muscle sculpting cardio-kickboxing experience suitable for ALL FITNESS LEVELS! Kickboxing combines traditional punching with a hanging heavy bag and kickboxing choreography with portions of body weight resistance training. Kickboxing burns calories and improves balance and agility

Location: Kickboxing Studio

Mondays 9:00 AM

Wednesdays 9:00 AM

Wednesdays 5:30 PM

Fridays 9:00 AM

Fridays 5:30 PM

Sundays 10:00 AM

STEP AEROBICS

Join us for a fun beginner/intermediate aerobics class that utilizes a raised step with adjustable heights where you rhythmically step up and down on the platform in various patterns, set to music, engaging multiple muscle groups and boosting your heart rate.

Location: Aerobics Studio

Thursdays 9:00 AM



STRENGTH BLAST

Improve strength and stamina with this weight training class mixed with easy-to-follow cardio intervals. A total body workout for all levels using a variety of equipment.

Location: Aerobics Studio (AS)/Kickboxing Studio (KS)

Mondays 10:00 AM (AS)

Wednesdays 10:00 AM (AS)

Wednesdays 6:30 PM (KS)

TREADMILL BOOTCAMP

This class is designed to give you the most bang for your workout buck. Combination of high-intensity cardio (on the treadmill) alternating with strength & HIIT style training on the floor. Full-body workouts that are designed to complement each other to offer a comprehensive time-effective workout.

Location: Fitness Floor

Saturdays 10:00 AM

TRX CIRCUIT

TRX Strength & Core: Build muscle and support a healthy body with this essential TRX strength workout. TRX Cardio Circuit: Get your blood pumping with this TRX circuit class that will utilize other equipment along with the suspension trainers to obtain maximum anaerobic results. There will be sweat.

Location: Fitness Floor

Sundays 9:00 AM

ZUMBA

A full body cardio workout that combines Latin music and dance moves. Its a fun way to get in shape by burning calories, toning muscles, improving coordination and reducing stress while dancing to the beat with choreography accessible for all abilities.

Location: Aerobics Studio

Tuesdays 5:30 PM

Saturdays 10:00 AM

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