

Sample of Various Fitness Centers / Aquatic Centers in Livingston County

Name, Location, Phone No.	Type of Facility	Hours	Cost
<p>Energy Source 9998 Highland Rd., Hartland (corner of Old US 23/M59) (810) 632-5261 www.energysourcefitnesscenter.com</p>	<p><i>Fitness Center</i> Cardiovascular Equipment Free Weights Classes (toning, cardio,yoga,pilates,tai-chi, resist-a-ball, Reiki, flexibility, etc.) Personal Trainers, Nutritional Cooking Massage Therapy, Readings, Acupressure, Homeopathy consultation, facials, etc.</p>	<p>Gym: M-F 5am - 10 pm Sat 8-3 pm Sun 10-3 pm Studio Hours: 9-7pm M-Th 9-noon Friday Weekend by appmt. only</p>	<p>County Discount: Gym Only \$29/mo. \$10.00 per class</p>
<p>Brighton Athletic Club 7526 Grand River Bet. Howell & Brighton Brighton (810) 229-2722 www.brightonac.com</p>	<p><i>Fitness Center</i> Cardiovascular Equipment Free Weights Personal Trainers, Tennis & Racquet Courts, Childcare (in am) Classes (step, dance, yoga, pilates & specialty classes)</p>	<p>Club Hours: M-F 6 am - 10 pm Sat. & Sun. 8 am - 9 pm</p>	<p>County Discount: Single \$28/mo. Couple \$45/mo. 50% discount of initial set-up fee \$50 instead of \$100</p>
<p>Howell Aquatic Center Howell High School (517) 548-6355 www.howellschools.com~aquatics</p>	<p><i>Aquatic Center</i> Swim lessons, open swim, fitness laps, family swim, water & land exercise classes, yoga, pilates, circuit & strength training, Flick & Float (movie swim), massage.</p>	<p>Hours: Vary by program. See website.</p>	<p>Cost: Open swims \$2.75 & up Family & individual discount punch cards. Classes w/punch card: \$2.90 and up or \$6 walk-in. Movie & swim: \$3.50</p>
<p>Contours Express 2554 E. Grand River (by The Great Escape) (517) 548-9250 www.controursexpress.com</p>	<p><i>Women's Circuit Fitness Center</i> Circuit interchanging aerobics & weights every 45 seconds for a total of 29 minutes. Menu plan, supplements and monitoring also available.</p>	<p>Hours: M-Th. 8-1 and 3-8 pm Fri. 8-1 and 3-6 pm Sat. 8-1 pm</p>	<p>Cost: County Discount: \$29.95 / mo. & they waived their \$159 enrollment fee.</p>

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Inches A Weigh 6107 Grand River, Brighton Grand River & Hughes Rd. (517) 545-0300	Nutrition & Exercise Center 30 min. circuit with toning tables for every muscle group (figure shaping treatments). Menu plans, nutrition planning also available. Step Aerobic/Weight Trng. & Yoga Classes non-members: \$60 for 10 classes or \$7.00 walk-in fee.	Hours: M-Th. 8 am - 8 pm Fri. 8 am - 7 pm Sat. 9am -1 pm Class hours vary.	Cost: Full membership incl. toning tables, cardio sessions, menu plans, protein supplements \$79/mo. Fitness Only: Toning table, cardio sessions \$65/mo. Enrollment fee of \$150 waived for Livingston Cty.employees Free 3-day Guest Membership
Lady of America in Brighton Mall (by Best Buy) 8491 W. Grand River (810) 225-8730 www.ladyofamericabrighton.com	Fitness Center & Spa Full gym w/cardio, strength & toning equipment. 60 classes/week (dance, exercise ball, yoga, pilates, stretch, spinning, power pump, etc.) Full spa, massage, spray tanning, free daycare.	Hours: MW 6am -8:30 pm Fri. 6am -7:30 pm T, Th. 7:30 am-8:30 pm Sat. 7:30 am - 2pm	Cost: County discount: \$29.95/mo. plus \$99 enrollment fee Incl. all classes
Xtreme Fitness of Fowlerville 8067 Country Corner Dr. Off I-96 across from Dick Scott (517) 223-0774 www.xtremefitnessoffowlerville.com	Fitness Center & Classes Cardio & strength equipment, classes (pilates, kickboxing, yoga, etc.), childcare, personal trainers.	Hours: M - Thurs. 5am - 10 pm Fri. 5 am - 8 pm Sat. 9 - 5 pm Sun. 10-2 pm	Cost: County Discount: Sign up in Nov. or Dec.: \$249 for 13 mos. (incl.classes, gym, etc.)
Gold's Gym / Howell 951 S. Latson, Howell (Corner of Gr.River & Latson) (517) 540-9800 www.goldsgym.com/howellmi	Fitness Center Cardio & strength equipment, childcare, tanning, classes, smoothie bar, nutritional counseling, tanning, personal trainers.	Hours: M-F 5 am - 11 pm Sat & Sun 7 am - 7 pm	Cost: 4-9 or more employees: 10% disc 10 or more employees: 25% disc Year: \$34/mo.w/\$49 if monthly or if paid in full \$399 /year

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<p>Family Fitness Factory 8540 Hamburg Rd., Brighton (810) 231-4169 www.generation-ministries.org across from Ore Lake</p>	<p>Family Wellness Ctr./Fitness Ctr. Pool/Courts Complete gym, full-size pool, basketball & racquetball courts, classes (aerobics, kick box, prof. boxing, cycling, etc) hot tub, sauna, child-care, tanning, massage, seminars, etc. Emotional, social wellness center.</p>	<p>Hours: M-Th. 5 am - 10 pm Fri. 5 am - 9 pm Sat. 8 am - 9 pm</p>	<p>Cost: Discounted w/10 or more empl: 20% off Reg.cost: 1 yr: \$40/mo. 1 yr. couple: \$70/mo one time init. fee also applies</p>
<p>Howell Fitness Center 4160 E. Grand River (by Latson) 2 down from Colorado Coffee (517) 552-4983</p>	<p>Fitness Center Cardio & strength equipment, pers. trainers classes (body sculpting, pilates, step, etc.) Free personal trainer to start you off.</p>	<p>Hours: M-Th. 5 am - 11 pm Fri. 5 am - 10 pm Sat. 8 am - 8 pm Sun. 8 am - 6 pm</p>	<p>Cost: (County Discount) 1 mo. \$35 3 mo. \$80 6 mo. \$120 1 yr: \$180 (reg. \$200)</p>
<p>Hartland High School Aquatic & Fitness Center Dunham & Hartland Road (810) 746-2279 www.hartland.k12.mi.us</p>	<p>Pool & Fitness Center Swim lessons, open swim, classes, etc. Fitness Center: Jogging track, cardio & strength training equipment.</p>	<p>Hours: M - Fri. 6am - 7:30am & 5-9pm Sat. 7 am - 6 pm Sun. 2pm - 4:30 pm Pool classes/swim times vary</p>	<p>Cost: Pool/ classes \$80 / 20 visits \$5.50 walk in Fitness Center (incl.pool) Resident: \$210/yr Non-resident \$263/year or \$3/walk in fee</p>
<p>Jazzercise Various locations incl. Pinckney, Brighton, Howell, Hartland, S.Lyon See website for locations Howell: (517) 548-1912 Brighton: (810) 227-5299 www.jazzercise.com</p>	<p>Exercise Classes Jazzercise, circuit training, step, body sculpting classes.</p>	<p>Hours: Vary per location; most Mon.-Sat. from 8:15 to 6 pm</p>	<p>Cost: Also varies per site, class. Call for specific fees.</p>

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<p>Curves for Women 125 E. Grand River - Fowlerville (517) 223-6793</p> <p>199 Lucy - Howell (see Darcy) (517) 223-8480</p> <p>5589 E. M-36 - Hamburg Twp. (810) 231-3244</p> <p>8028 W. Grand River - Genoa Twp. (810) 225-9881</p> <p>10546 Highland Road - Hartland (810) 632-3232</p>	<p>Fitness Circuit 30 min. woman's circuit training interchanging weight machines w/aerobics Additional yoga class in Howell Weight loss program</p>	<p>Hours: M & W 7am - 1 pm & 2:30 - 8 Tues, Thur & Fri 8-1pm & 2:30-7pm Sat. 8-noon</p>	<p>Cost (County Discount) Howell Curves (Lucy St.): Waive \$74 sign-up fee \$29 / mo for 1 year contract if pay in full \$319 (save \$29) Free trial basis Under new management</p>
<p>Yoga Ctr. for Healthy Living 10559 Citation Dr. - Brighton Behind Kensington Ice House (810) 225-1288 www.yogahealth.org</p>	<p>Yoga Various classes in yoga, pilates, hatha, back care, reike, etc.</p>	<p>Hours See website for class hours</p>	<p>Cost: Varies based on classes, workshops, clinics, etc.</p>
<p>Ladies Workout Express 120 W. Highland, Suite 300 Crossroads Town Center (M-59 & Michigan Ave.) (517) 546-9220 www.ladiesworkouthowell.com</p>	<p>Fitness Center Hydraulic circuit center with 16 stations including aerobic facilities & treadmills Classes (kickboxing, body sculpting, buns & abs., etc) & group weight training. Massage therapist</p>	<p>Hours: M-Thurs. 8am-8pm Fri 8-6 Sat 9-noon</p>	<p>Cost (County Discount) Regist. Fee waived Reduced Membership Rates: 1 year: \$34.95 / mo. 2 year: \$29.95 / mo. 3 year: \$36.95 / mo. By the month: \$39.95 Discounted massages</p>

11/10/2005