Zumba Zumba Zumba with Aimee
Zumba is an exhilarating dance workout with fast and slow international rhythms that tone and sculpt the body. Beginner to advanced levels shown.

Duration: Spring-8 weeks  
Summer-10 weeks
Age: 16 and older
Location: Community Center, 2120 76th Street
Minimum: 8
Maximum: 20
Registration Deadline: April 7

Belly Dancing with Holly
Come and experience a truly unique workout class that will reshape your body and get you excited about exercising like never before. This class does not require previous experience in dance, coordination or rhythm. We'll get you dancing in the first class!

Day: Thursdays  
Date: April 12-May 31
Duration: 8 weeks
Time: 6:00-7:00pm
Cost: $35 Resident/$45 Non-Resident
Age: 16 and older
Activity #: 2037.215
Location: Community Center, 2120 76th Street
Minimum: 8
Maximum: 20
Registration Deadline: April 7

Cardio Dance with Aimee
Cardio Dance is a high energy dance fitness class that blasts away the calories with its enticing upbeat music. This class is so much fun it won't feel like a workout!

Day: Thursdays  
Date: April 12-May 31
Duration: 8 weeks
Time: 4:00-5:00pm
Cost: $35 Resident/$45 Non-Resident
Age: 16 and older
Activity #: 2039.215
Location: Community Center, 2120 76th Street
Minimum: 8
Maximum: 20
Registration Deadline: April 7

Zumbatomic for Kids with Sarah
Zumbatomic - A fun fitness program designed just for kids. Zumbatomic combines energetic dance rhythms with games to create a positive fitness environment for children. Our goal is to improve not only physical fitness, but also develop more confidence, focus, self-esteem, coordination, and much more. They’ll also have a blast while rockin’ some new dance moves.

Day: Tuesdays  
Date: April 17-May 22
Duration: 6 weeks
Time: 4:30-5:15pm
Cost: $25 Resident/$35 Non-Resident
Age: 7-11 years old
Activity #: 1019.213
Location: Community Center, 2120 76th Street
Minimum: 8
Maximum: 15
Registration Deadline: April 7

Zumba with Aimee
Zumba is an exhilarating dance workout with fast and slow international rhythms that tone and sculpt the body. Beginner to advanced levels shown.

Duration: Spring-8 weeks  
Summer-10 weeks
Age: 16 and older

<table>
<thead>
<tr>
<th>Spring</th>
<th>Cost: $35 Resident/ $45 Non-Resident</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Date</td>
</tr>
<tr>
<td>April 11-May 30</td>
<td>2028.214</td>
</tr>
<tr>
<td>April 11-May 30</td>
<td>2036.214</td>
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<table>
<thead>
<tr>
<th>Summer</th>
<th>Cost: $40 Resident/ $50 Non-Resident</th>
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<tr>
<td></td>
<td>Date</td>
</tr>
<tr>
<td>June 20-Sept 5</td>
<td>2028.314</td>
</tr>
</tbody>
</table>
| Skip: 7/4 & 8/1

Location: Community Center  
2120 76th Street
Minimum: 8
Maximum: 20
Registration Deadline: Spring-April 7  
Summer-June 16
Fishing Derby
Byron Township Recreation Department will be hosting a Fishing Derby in Whistlestop Park. This will give children an opportunity to see if they can snag the biggest fish in the pond. Bring your fishing poles, buckets, and bait and see if you can hook the biggest fish, smallest fish, or the most fish. Prizes will be awarded to all participants.

Last year over 50 fish were caught during this event. Let’s try and beat that number this year!

Day: Saturday
Date: August 11
Duration: 1 day
Time: 9:00am-12:00pm
Activity #: 4019
Age: 4 years old +
Cost: $4 Resident/ $6 Non-Resident
Location: Whistlestop Park, 2120 76th Street
Minimum: 10
Maximum: 30
Registration Deadline: August 6, 2011

Easter Egg Hunt
Here comes Peter Cotton Tail hopping his way to Whistlestop Park! This will be a family fun Easter egg hunt and pizza lunch to welcome the Spring! The pizza lunch will immediately follow the hunt. The hunt will take place outside. Please dress accordingly.

Day: Saturday
Date: March 24
Duration: 1 day
Time: 11:30am Hunt begins
Activity #: Child-4002 Adult-4003
Age: 2-9 years old
Cost: $4 Resident Child
$6 Non-Resident Child
$3 Adult Lunch
Location: Whistlestop Park, 2120 76th Street
Minimum: 20
Maximum: 150
Registration Deadline: March 10

You MUST pre-register for this event. NO Exceptions.

*The Hunt will take place in the Community Center in the event of inclement weather.

Billiards Tournament
Byron Township Billiards Tournament will start at 9AM and run until approximately 4PM. The tournament will start with pool play, and then go into bracket play. We will use the rules from the Winter Billiards League. Snacks will be provided for participants throughout the day.

Day: Saturday
Date: April 7
Duration: 1 day
Time: 9:00am-5:00pm
Activity #: 4023.217
Age: 16 and older
Cost: $10 Resident/ $15 Non-Resident
Location: Community Center, 2120 76th Street
Minimum: 5
Maximum: 10
Registration Deadline: March 31
**Zoo Day**

Zoo Day is back! Come join John Ball Zoo’s Traveling Zoo at the Community Center. A John Ball Zoo expert will bring some furry friends and share interesting facts about each animal. A craft will be provided as well.

**Day:** Wednesday  
**Date:** April 4  
**Duration:** 1 day  
**Time:** 10:00am  
**Activity #:** 4020.214  
**Age:** 2-12 years old  
**Cost:** $7.00 Resident/$10 Non-Resident  
**Location:** Community Center, 2120 76th Street  
**Minimum:** 16  
**Maximum:** 30  
**Registration Deadline:** March 17

*No Food is Allowed at this Event.*

**Camp Whistlestop**

Boys and girls will participate in a wide variety of sports activities, crafts, camp games, and cooking activities at the Whistlestop Park & Community Center facilities. This is an opportunity to keep the fun going after Summer Recreation has finished, as well as an opportunity for 5 year olds to see how fun Summer Recreation will be next Summer. The cost includes the price of a field trip on the final day of camp, as well as a camp shirt that will be tie-dyed.

**Duration:** 5 days  
**Date:** August 6-10

<table>
<thead>
<tr>
<th>Age</th>
<th>Activity #</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>5-7</td>
<td>1070.31</td>
<td>Monday-Friday</td>
<td>9:00am-12:00pm</td>
</tr>
<tr>
<td>8-10</td>
<td>1071.31</td>
<td>Monday-Friday</td>
<td>12:30-3:30pm</td>
</tr>
</tbody>
</table>

**Cost:** $60 Resident/$70 Non-Resident  
**Location:** Whistlestop Park Pavilion, 2120 76th Street  
**Minimum:** 10  
**Maximum:** 16  
**Registration Deadline:** July 28

**Member Appreciation Party!**

Are you a member of the Byron Township Community Center? We want this night to be about you! You are the reason for the facility and we want to show you our appreciation! Come join us for our open house and help yourself to dinner and snacks. We will be raffling off numerous prizes! Anything from free day passes to free personal training sessions! Enjoy games and entertainment at this free event!

**Day:** Friday  
**Date:** April 27  
**Duration:** 1 day  
**Time:** 5:00-7:00pm  
**Cost:** FREE to members  
**Location:** Community Center  
2120 76th Street

*No Registration Required.*
**Ice Cream Socials**

Cool down your mouth with a refreshing ice cream sundae during the hot summer months! After everyone has their share of ice cream, we will bring out the bingo cards.

**Day:** Wednesday  
**Date:** July 25-Sponsored by Porter Hills Retirement Communities & Services  
August 29-Sponsored by Cook’s Funeral Services  
**Time:** 1:00pm  
**Cost:** Free  
**Minimum:** 20  
**Maximum:** 150  
**Location:** Community Center, 2120 76th Street  
**Note:** Pre registration is required by the Friday before the event or until full.

**Pizza & Bingo**

Come and join your fellow Active and Young At Heart members for pizza and bingo! Everyone will receive one FREE card. Additional cards can be purchased for .25 cents each. Pre-registration is required.

**Day:** Wednesdays  
**Date:** April 25  
May 30-Sponsored by Cook’s Funeral Services  
June 22 (Friday)  
**Time:** 12:00pm  
**Cost:** $4.00 Member  
$5.00 Non-Member  
**Minimum:** 20  
**Maximum:** 150  
**Location:** Community Center, 2120 76th Street  
**Note:** Pre registration is required by the Friday before the event or until full.

**Luncheons**

Enjoy great food from local restaurants along with good conversation and fun at the Active and Young at Heart monthly luncheons. Entertainment can be anything from local speakers to bag pipers! Every third Monday join us for the festivities.

**Day:** Mondays  
**Date:** April 16  
May 21-Sponsored by Railside Living Center  
June 18  
July 16-Sponsored by Railside Living Center  
August 20-Health Expo  
**Time:** 12:00pm  
**Cost:** $6.50 Member/$7.50 Non-Member  
**Minimum:** 20  
**Maximum:** 150  
**Location:** Community Center, 2120 76th Street  
**Note:** Pre registration is required by the Friday before the event or until full.

**Health Expo**

The Health Expo brings practical information to the people in the community. It represents the combined effort of medical science, government and non-government agencies.

**Day:** Monday  
**Date:** August 20  
**Time:** 10:00am-1:00pm  
**Activity #:** 3051  
**Cost:** $30 Vendor Fee  
**Location:** Community Center, 2120 76th Street  
**Vendor Registration Deadline:** August 4
Detroit Tigers vs. Blue Jays
Go Tigers! Leave your car and parking money at home and Byron Township Recreation will take you out to the ballgame in a charter bus. Your ticket will include a hotdog and a drink. Invite a friend and let’s go cheer on your favorite Tiger. Limited tickets are available, pre-registration is required. The lunch and dinner cost is on your own, we will be stopping on the way home for a dinner stop.

Day: Thursday
Date: August 23
Duration: 1 day
Coffee & Donuts: 8:00am
Departure Time: 8:30am
Game Time: 1:05pm
Activity #: 3022
Cost: $60 Resident / $70 Non-Resident
Departure Location: Community Center, 2120 76th Street
Minimum: 54
Maximum: 103
Registration Deadline: July 7

Tulip Time Trip
Join the Active and Young at Heart group and take a trip to Holland’s famous Tulip Time. Enjoy Evergreen Commons Show "Let There Be Music " With a meal.

Day: Monday
Date: May 7
Duration: 1 day
Coffee & Donuts: 9:00am
Departure Time: 9:30am
Cost: $30 Member/$40 Non-Member
Departure Location: Community Center, 2120 76th Street
Minimum: 20
Maximum: 40
Registration Deadline: March 30

GRCC Heritage Restaurant
Come enjoy a meal at GRCC Culinary Education - Secchia Institute- Heritage Restaurant. Meals featured represent international cuisine with modern and classical touches. That would include a soup, choice of entree and dessert and beverages.

Day: Tuesday
Date: April 3
Departure Time: 10:30am
Activity #: 3098
Cost: $20 Member/ $30 Non-Member
Departure Location: Community Center, 2120 76th Street
Minimum: 20
Maximum: 40
Registration Deadline: March 17

Mystery Trip & Art Prize Trip
Call Tammy at 878-1998 for more information.
Active & Young At Heart Membership
For a $6 annual fee, the Active and Young at Heart Membership includes a membership card, discount on our older adult programs and a monthly newsletter with upcoming events mailed directly to you. Ages 85 and older can sign up for FREE. Non-members can pick up the monthly newsletter at the Community Center.

Massage Days
Dynamic Chiropractics will bring certified Massage Therapists. Massages will be in 15 minute intervals.

- **Date:** Tuesday, April 10
- **Wednesday, May 16**
- **Wednesday, June 20**
- **Thursday, July 26**
- **Time:** 9:30am-12:00pm
- **Activity #:** 3052
- **Cost:** $8 per 15 minutes
- **Location:** Community Center
  - 2120 76th Street
- **Pre-registration is required.**

Garden Plot Rentals
Do you live where you cannot grow your own garden? Now is your chance to put your green thumb back to work. Individual garden plots 15 X 15 are available for rent through the Byron Township Recreation Department. Individuals are responsible for planting and maintaining their own plot. Garden Rules and regulations will be given at the time of registration.

- **Date:** May 21-October 26
- **Activity #:** 3094
- **Cost:** $20 Resident/ $30 Non-Resident
- **Location:** Whistlestop Park, 2120 76th Street
- **Minimum:** 2
- **Maximum:** 30
- **Registration Deadline:** June 30

Enhance Fitness
Enhance Fitness combines the three key components of fitness: strength training, flexibility, and cardiovascular conditioning. To ensure safety, each exercise was developed by experts in the field of physical therapy in conjunction with agencies serving older adults. The result is a fun and lively program.

- **Day:** Mondays/Wednesdays/Fridays
- **Date:** January 1-December 31, 2012
- **Time:** 10:30-11:30am
- **Activity #:** 3080
- **Cost:** $2 suggested donation
- **Location:** Community Center, 2120 76th Street
- **Note:** Completing a registration form is required prior to attendance.

Open Pickle Ball
A popular worldwide game, Pickleball, is described as a combination of tennis, badminton and ping pong. It is played with a plastic ball and is easy for beginners to learn. Come to the Community Center with your friends and play pickle ball!

Please call 878-1998 to check gym availability.
## Single Sessions

<table>
<thead>
<tr>
<th>Type</th>
<th>Individual</th>
<th>Couple/Two Person</th>
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</thead>
<tbody>
<tr>
<td>Per Visit</td>
<td>R $35</td>
<td>R $55</td>
</tr>
<tr>
<td>1 Hour Session</td>
<td>R $35</td>
<td>R $55</td>
</tr>
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</table>

Get one-on-one attention with a personal trainer to target your fitness questions and goals.

## Multiple Session Packages

### Individual

<table>
<thead>
<tr>
<th>Package</th>
<th>R $175</th>
<th>R $275</th>
</tr>
</thead>
<tbody>
<tr>
<td>Six 1 Hour Sessions</td>
<td>R $175</td>
<td>R $275</td>
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</table>

Buy 5 sessions get one free. Multiple sessions will help you get into a fitness routine you can stick with.

### Couple/Two Person

<table>
<thead>
<tr>
<th>Package</th>
<th>R $275</th>
<th>R $375</th>
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<tbody>
<tr>
<td>Six 1 Hour Sessions</td>
<td>R $275</td>
<td>R $375</td>
</tr>
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</table>

## Exercise plan, fitness goals, web tracking

### Individual

<table>
<thead>
<tr>
<th>Package</th>
<th>R $35</th>
<th>R $45</th>
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</thead>
<tbody>
<tr>
<td>One month</td>
<td>R $35</td>
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<tr>
<td>Individual</td>
<td>R $35</td>
<td>R $45</td>
</tr>
<tr>
<td>Nutrition Plan</td>
<td>R $35</td>
<td>R $45</td>
</tr>
</tbody>
</table>

The personal trainer will set up an exercise plan for you online. Individuals will be able to set goals, schedule workouts, track their progress, and follow their diet for maximum accountability.

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**ALL PERSONAL TRAINING SESSIONS MUST BE PRE-PAID & ARE NON-REFUNDABLE AND NON-TRANSFERABLE**

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**What is Personal Training?**

Personal training involves exercise programming designed by a dedicated fitness professional to help you achieve your fitness goals through education, exercise and nutrition.

**Ask Yourself:**

- Do I need help developing an exercise, strength training, and cardiovascular program that is safe for me?
- Do I need motivation?
- Do I need help with a lifestyle change?

**Maximum Results, Minimum Time...**

Your Personal Trainer will help ensure that your workouts will be safe, efficient, correct in form, and fun!

**NOTE:** Participants of the personal training must be a member of the Community Center or purchase a member day pass to utilize this service.

**R** = Resident of Byron Township  **NR** = Non-Resident

Cash, Checks, or Credit Cards are accepted.

At this time we have one trainer available for you. Please read the personal information sheet on our bulletin board at the Community Center regarding our trainer.