




2016 Spring Schedule

248.844.3913

www.startinglinehealthandfitness.com



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	<u>LYFT:</u> Endurance <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Mario</i>	<u>LYFT:</u> Intervals <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Meghan</i>	<u>LYFT:</u> Strength <i>Coach Chip</i>
8:00am	<u>LYFT:</u> Endurance <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Meghan</i>	<u>LYFT:</u> Intervals <i>Coach Chip</i>	Yoga <i>Coach Allyce</i>	<u>LYFT:</u> Strength <i>Coach Chip</i>
9:00am	<u>LYFT:</u> Endurance <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Meghan</i>	<u>LYFT:</u> Intervals <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Allyce</i>	<u>LYFT:</u> Strength <i>Coach Chip</i>
3:00pm	Golf, Tennis & Swim (GTS) <i>Coach Chip</i>	Power & Performance <i>Coach Kevin /Mario</i>	Golf, Tennis & Swim (GTS) <i>Coach Chip</i>	Power & Performance <i>Coach Kevin /Mario</i>	Golf, Tennis & Swim (GTS) <i>Coach Chip</i>
4:00pm	Power & Performance <i>Coach Chip</i>		Power & Performance <i>Coach Chip</i>		Power & Performance <i>Coach Chip</i>
5:00pm	Speed & Agility <i>Coach Kevin /Mario</i>	Power & Performance <i>Coach Kevin /Mario</i>	Speed & Agility <i>Coach Kevin /Mario</i>	Power & Performance <i>Coach Kevin /Mario</i>	 SLHF is a proud sponsor of OCFC. Ask about our free tickets!
	Olympic Lifts <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	Olympic Lifts <i>Coach Kevin</i>	Speed & Agility <i>Coach Kevin</i>	
6:00pm	<u>LYFT:</u> Endurance <i>Coach Kevin</i>	<u>LYFT:</u> Strength <i>Coach Kevin</i>	Yoga <i>Coach Allyce</i>	<u>LYFT:</u> Intervals <i>Coach Kevin</i>	

Saturday	7:00am	8:00am	9:00am
	<u>LYFT</u> <i>Coach Chip</i>	<u>LYFT</u> <i>Coach Kevin</i>	<u>LYFT</u> <i>Coach Allyce</i>
		Power & Performance <i>Coach Chip</i>	Olympic Lifts <i>Coach Kevin</i>

DETROIT SPIRIT LACROSSE
Middle School Learn to Play
Tuesday and Thursday 5:00pm
Classes begin May 17th!

EVOLVE TECHNICAL SOCCER
Student and Adult Skills Training
Monday 8:00pm
Classes begin May 23rd!

VOLLEYBALL ACADEMY
Monday and Thursday 4:00pm
Wednesday 7:00pm
Classes begin June 6th!

introducing LYFT @ Starting Line
Your Lifestyle, Your Fitness, Your Training Partner
Your favorite adult fitness class has a new name...its so much more than a boot camp!

