

CCPlus @ The Center

300 N. Groesbeck Hwy, Mt. Clemens, MI 48043 | 586.463.3277

October 2016 Schedule



All new CC Plus clients are invited to try their first WEEK of CLASSES FREE

www.ccplusfitness.com

www.facebook.com/ccplusatthecenter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	** Closed 10/31 **					9:00 am: Zumba® w/Heidi 9:00 am Zumba Kids w/Peg 10/22 ONLY 9:00 am: Throwback Boxing - Open Gym till 11 am ◇ 10:00 am: TnT w/Terri * 11:00 am Zumba® STRONG w/Jose ** NO CLASS 10/01 ** 11:30 am Throwback Boxing - Kids ◇
	6:00 pm: Zumba ®(Beginner) w/Debbie 6:00 pm Throwback Boxing - WO ◇ 6:00 pm Throwback Boxing - KIDS◇	11:00 am: My Chance to Dance w/Peggy 12:15 pm: Zumba Gold ®Toning w/Debbie 6:15 pm Fully Figured Yoga w/Jean 6:30 pm: TnT w/Terri *	6:00 pm: Zumba ®(Beginner) w/Debbie 6:00 pm Throwback Boxing - WO ◇ 6:00 pm Throwback Boxing - KIDS◇	10:00 am: Zumba Gold ® w/Debbie 6:30 pm: Sleek & Strong w/Stacey*** 7:00 pm Barre * w/Katie		key All classes are 55 minutes in duration except: Zumba Gold Toning (45 minutes) WO = Women Only W/M = Women & Men ◇ Class is held in Lower Level and is not included in CCP VIP card or Fitness Card * Weights & Mat Needed ** Yoga Mat Needed *** Resistance Band Needed
	6:45 pm Throwback Boxing - W/M ◇ 7:00 pm: WERQ® w/Morgan (No class 10/03) 7:00 pm KettlebellAMPD * w/Terri * FREE CLASS 10/3 *	7:30 pm Barre * w/Terri	7:00 pm FITcamp w/Heidi 7:30 pm Bellydance w/Kriztina (starts 10/19) FREE CLASS 10/19	7:30pm: Zumba ®w/Alex 8:00 pm: Beginner Yoga w/Michele **	Zumba Halloween Bash 10/28/16 7:30 pm - 9:00 pm \$12 adv/\$15 door w/Zcrew Zumba Gold 50's Party w/Debbie 10/21/16 6:30 pm - 7:30 pm \$5 (sorry, no cards accepted)	
	8:00 pm: Beginner Yoga w/ Michele** 8:00 pm: Zumba® w/Heidi	7:30 pm: Zumba Toning® w/Erica * FREE CLASS 10/4*	8:00 pm: Zumba® w/Heidi			