

# CCPlus dance | fun | fitness



## Community Fitness Classes Summer 2017 Schedule



\$8 Drop-In, 4 Classes = \$28 10 Classes = \$65  
All new CCPlus clients are invited to try their first Week of classes FREE

[www.facebook.com/ccpluszumba](http://www.facebook.com/ccpluszumba)  
[www.ccplusfitness.com](http://www.ccplusfitness.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6:30 pm Pound® Assumption Cultural Center w/Tracey *</p> <p>7:30 pm MIXXED FIT™ Roseville Recreation w/Septmeber</p>		<p>6:30 pm Zumba® Assumption Cultural Center w/Sarah</p> <p>7:30 pm Pound® Roseville Recreation w/Tracey *</p>			<p>* Bring a fitness/yoga mat</p> <p>∞ Bring handweights (3-8 lbs)</p>

Assumption Cultural Center  
21800 Marter Road, St. Clair Shores  
No class: 07/03

Roseville Recreation  
18185 Sycamore, Roseville  
No class: 07/03