

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
www.ccplusfitness.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 pm Zumba® (Beginner) Starlight Dance Academy w/Debbie					
6:30 pm Pound® Assumption Cultural Center w/Tracey *		6:30 pm Zumba® Assumption Cultural Center w/Sarah	6:30 pm TnT Starlight Dance Academy w/Stacey*∞		
7:00 pm KickboXX Starlight Dance Academy w/Terri*	7:00 pm TnT Starlight Dance Academy w/Carissa*∞				
7:30 pm MIXXED FIT™ Roseville Recreation w/Septmeber		7:30 pm Pound® Roseville Recreation w/Tracey *			
8:00 pm Zumba ® Starlight Dance Academy w/Heidi	8:00 pm POUND® Starlight Dance Academy w/Tracey*	8:00 pm Zumba ® Starlight Dance Academy w/Heidi			* Bring a fitness/yoga mat
					∞ Bring handweights (3-8 lbs)

Assumption Cultural Center
21800 Marter Road, St. Clair Shores
No class: 06/05, 06/07

Roseville Recreation
18185 Sycamore, Roseville
No class:

Starlight Dance Academy
32577 Garfield Rd, Fraser
No class: