



Grosse Pointe Area Community Classes
October
2016



All new CCPlus clients are invited to try their first WEEK of CLASSES FREE
CCPlus 586.463.3277 SOC 313.882.9600



www.ccplusfitness.com
www.socservices.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 am Yoga w/Judy**	9:00 am Tai Chi w/Susan	9:00 am Yoga w/Judy**		9:00 am Yoga w/Jessica**	
	9:30 am Zumba Gold® @War Memorial w/Shonece		9:30 am Zumba Gold® @War Memorial w/Peggy			
	10:15 am Chair Yoga w/Judy		10:15 am Chair Yoga w/Judy		10:15 am Chair Yoga w/Jessica	
	10:15 am Active Fit w/Stacey		10:15 am Active Fit w/Stacey		10:15 am Active Fit w/Stacey	
	11:30 am Chair Yoga w/Judy	10:30 am E-Fitness Level 1 w/Rosa	11:30 am Chair Yoga w/Judy	10:30 am E-Fitness Level 1 w/Rosa	11:30 am Chair Yoga w/Jessica	
		6:00 pm Zumba® (Beginner) w/Dawn		6:00 pm Zumba® (Beginner) w/Debbie	1:00 pm Line Dance w/Carol (No class 10/14)	
		7:00 pm TnT w/Stacey*		7:00 pm TnT w/Laurie*		
						KEY:
						* Weights & Mat Needed
						** Yoga Mat Needed

All classes held at SOC with the exception of ZUMBA GOLD

SOC
 158 Ridge Road
 Grosse Pointe Farms 48236
www.socservices.org

Grosse Pointe War Memorial
 32 Lake Shore Drive
 Grosse Pointe Farms 48236