



Upcoming Events

Clinton Macomb (South) - Yoga Kids - January 22, 2018, 10:00 a.m.

Warren Public Library (Arthur Miller) - Fit 4 Fun - February 6, 2018, 6:00 p.m.

Fraser Library - Drums Alive/Kids Beats - February 19, 2018, 6:00 p.m.

Clinton Macomb (North) - Family Yoga - February 22, 2018, 10:00 a.m.

Sterling Heights Library - Fit 4 Fun - March 6, 2018, 10:30 a.m.

Sterling Heights Library - Drums Alive/Kids Beats - March 20, 2018, 10:30 a.m.

Library program registration is handled by each library.

- **Zumba Kids** classes are a rockin', high-energy fitness-party packed with kid-friendly routines for boys and girls age 4 -12 that provide a fun way for your kids to get active.
- **Yoga Kids/Family Yoga** - classes introduce yoga poses to build strength, reduce stress, and improve flexibility and balance in a kid friendly format. Storytime yoga includes bringing stories to life through music.
- **Kids Fit 4 Fun** - Features party dances, fitness routines, Zumba Kids and games. Designed to get kids moving and having fun.
- **Kids Beats (Drums Alive)** - fun program incorporating fun music, exercise balls and drumsticks.

Check out our website (www.ccplusfitness.com) and FB page (www.facebook.com/CCPlus-Kids-Fitness) for info about other classes coming soon.

Attention Scout Leaders, Teachers and Home School Groups: We can create a program/event to fit your needs. Fees are negotiated on an individual basis and we have daytime and weekend availability. Please contact Peggy DiMercurio at 586-801-4902 or kids@ccplusfitness.com.