

CCPlus dance | fun | fitness



My Chance to Dance

Dance/Exercise Program for People With Special Needs



Your first class is free! Preregister for 8 classes for \$40.00 or Drop-In for \$6.00
 Grab your friends and come and enjoy great music, dances, and have fun while getting fit!!

2018/2019 Schedule

www.facebook.com/mychancetodance

www.ccplusfitness.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--------------------------|--------|----------|
| Sterling 6:30-7:30pm | St Clair Shores 6:30-7:30pm All Ages | | Troy 7-8pm Teen/Adult | | |
| <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> Participant in Michigan Special Olympics Games since 2003! </div> | | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> Winner of the 2002 Governor's Amateur Athletic Award! </div> | | | |
| <div style="border: 1px solid black; padding: 10px; margin: auto;"> <p>JOIN ANYTIME!! WHEELCHAIRS AND WALKERS WELCOME!! Parents and Caregivers are invited to attend at no charge Contact Peggy for more information at (586) 801-4902 or specialneeds@ccplusfitness.com</p> </div> | | | | | |

ST CLAIR SHORES

Rodgers Elementary School Cafeteria
 Harper Rd. South of 12 Mile Rd.
 runs through June

EASTPOINTE

Immanuel Church in Eastpointe
 23715 Gratiot, Just South of Stephens rd.,
 June through August

STERLING HEIGHTS

Sterling Heights Senior Center, Utica Rd.; East of Dodge Park
 Must register through Sterling Parks and Recreation
 September through Jun for more info visit:
<https://registration.sterling-heights.net>

TROY

UMC Big Beaver Church
 Troy Parks and Recreation
 3753 Big Beaver, Troy
 Family Activity Center in back of church

