

# CCPlus dance | fun | fitness



## Zumba Gold Fitness Classes 2017 Schedule



For the Fit over 50, the deconditioned exerciser or the true beginner. A low impact aerobic workout with infectious music and dance.  
Salsa, merengue, flamenco, calypso, hip-hop & belly dancing = Zumba Gold!

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

**All new CCPlus clients are invited to try their first class FREE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Sterling Heights Senior Ctr w/Peggy			10:00 AM Roseville Recreation* w/Gail		
	10 AM Troy Parks & Rec Zumba Gold® Toning w/Debbie			10:00 AM Troy Parks & Rec w/Debbie	
10:30 AM Washington Twp Senior Ctr* w/Shonece				10:20 AM Royal Oak Senior Ctr w/Shonece	
				11:00 AM Sterling Heights Senior Ctr w/Peggy	
6:30 pm Assumption Pre-School & Toddler Ctr w/Peggy		7:00 PM Troy Parks & Rec w/Jose'			
					* CCP class card accepted at these locations.

Assumption Pre-School & Toddler Center  
22150 Marter Road, St. Clair Shores  
No class: 12/18, 12/25, 1/1

Roseville Recreation  
18185 Sycamore, Roseville  
No class: 12/28

Royal Oak Senior Center  
3500 Marais Ave, Royal Oak 6

Sterling Heights Senior Center  
40200 Utica Rd., Sterling Heights  
No class: 12/15, 12/25, 1/1, 1/15

Troy Parks & Recreation  
3179 Livernois Ave, Troy  
No class: 12/26, 12/27, 12/29, 1/3

Washington Twp Senior Center  
57880 Van Dyke, Washington Twp  
No class: