

CCPlus dance | fun | fitness



Zumba Gold Fitness Classes 2018 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

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 AM Troy Parks & Rec Zumba Gold® Toning w/Debbie			10:00 AM Troy Parks & Rec w/Debbie 10:20 AM Royal Oak Senior Ctr * w/Shonece class on hiatus 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: Class on hiatus until September 10, 2018

Royal Oak Senior Center
3500 Marais Ave, Royal Oak 6
on hiatus

Sterling Heights Senior Center
40200 Utica Rd., Sterling Heights
No class: 10/08, 11/12, 11/23, 12/14, 12/24, 12/28, 12/31

Troy Parks & Recreation
3179 Livernois Ave, Troy
No class: 11/23, 12/26, 12/28, 1/2