

CCPlus dance | fun | fitness



Zumba Gold Fitness Classes Fall 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

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:

Roseville Recreation
18185 Sycamore, Roseville
No class:

Royal Oak Senior Center
3500 Marais Ave, Royal Oak 6

Sterling Heights Senior Center
40200 Utica Rd., Sterling Heights
No class: 09/04

Troy Parks & Recreation
3179 Livernois Ave, Troy
No class: 09/04

Washington Twp Senior Center
57880 Van Dyke, Washington Twp
No class: 09/04