

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
<p>9:30 AM Sterling Heights Senior Ctr w/Peggy</p>	<p>10 AM Troy Parks & Rec Zumba Gold® Toning w/Debbie</p>	<p>7:00 PM Troy Parks & Rec w/Jose'</p>		<p>10:00 AM Troy Parks & Rec w/Debbie</p> <p>10:20 AM Royal Oak Senior Ctr * class on hiatus</p> <p>11:00 AM Sterling Heights Senior Ctr w/Peggy</p>	<p>* CCP class card accepted at these locations.</p>

St. Clair Shores - call 586-801-4902 for information of new location

Assumption Pre-School & Toddler Center - cancelled

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

Sterling Heights Senior Center
40200 Utica Rd., Sterling Heights
No class: 1/21, 2/18, 3/1, 4/19

Troy Parks & Recreation
3179 Livernois Ave, Troy
No class: