

CCPlus @ The Center

300 N. Groesbeck Hwy/Mt Clemens/48043

Offering dance and fitness classes for the community, including Zumba, Zumba Gold, Yoga, PiYo, Kickboxx, Belly Dance, Flirty Girl, Toning Classes, Personal Training on site, classes for kids, seniors, and those with physical and/or developmental disabilities. YOUR FIRST CLASS IS FREE! For more information call 586-463-3277.



We provide dance and fitness classes to people of all ages and abilities in a fun, exciting, welcoming and non-competitive atmosphere.



Proudly presents ~
Programs for Seniors



Mickey Puma, Senior Programs Coordinator
586-530-9787 or Mickey@ccplusfitness.com

COMPANY HISTORY:

CCPlus Dance ~ Fun ~ Fitness has been teaching dance/exercise classes since 1995. Our programs are designed so that all people, regardless of age, ability or disability, can participate and reap the benefits of a structured fitness class. Our specialty is providing fitness classes to those populations who are not able to otherwise take fitness classes.

SECOND CHANCE TO DANCE™

One of our most popular programs is our Second Chance to Dance™ program, a series of chair dance programs for independent and assisted living senior communities, nursing homes, Alzheimer and Dementia Centers. This special one hour program is taught from a seated position, allowing seniors in both regular chairs and wheelchairs to participate. Movements are simple and repetitive, and we provide music from their era to help spark memories and sing-a-longs.

PROGRAMS:

Music Based:

Second Chance to Dance™ - easy to follow chair dance class.

***NEW* Zumba Gold!** : Fun and easy Latin rhythms! All movements can be done from a seated or standing position. Taught by a certified Zumba Gold instructor.

Ultra Beginner Line Dance— easy to learn dances for the active, able bodied senior.

Ageless Grace—21 simple tools for comfort and ease..

Songbird for Seniors—Musical Entertainer/Singer/Storyteller

Fitness Based:

Fit Plus—for seniors with arthritis with focus on toning muscles and increasing flexibility.

Seated Yoga—all the benefits of a beginner yoga class, taught from a seated position.

Seated Tai Chi—all the benefits of beginner Tai Chi, taught from a seated position.

Rise & Shine—Head to toe stretching and breathing program. Weights are used.

EXTRAS -

Theme Parties—Hawaiian, 50s Sock Hop, Western, Mardi Gras, etc. You name it, we've got it!

Mr. Martini—will sing with and entertain your residents with his charming live performance

Aqua program—for those centers with in-community pools.

PRICING:

We will be happy to create a program to fit your needs and those of your residents. Fees for CCPlus programs are negotiated on an individual basis. Contact our Senior Programs Coordinator for further information.

SPONSORSHIP PROGRAM:

For those centers with little to no budget for entertainment, we do have a sponsorship program available for special classes.

For more information contact Mickey:

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