

Class Schedule **Starts June 21st**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Circuit Nancy	8:00am Strength Training Andrea	8:00am Spinning Nancy	8:00am Strength Training Andrea	8:00am Step Nancy	8:15am CrosSeal Steven 30 min. class
8:00am Spinning Andrea	<i>New Class</i> 8:30am Spin X-Press Karen/Tahny 30 min class	<i>New Class</i> 8:00am Feeling Fit Over 50 Leigh 50 min. class	NEW CLASS TIMES!	8:00am Spinning Andrea	9:00am Spinning Karen/Tahny
NEW CLASS TIMES!	<i>New Class</i> 9:00am CrosSeal Steven 30 min class	9:00am Butts, Guts & Flex Nancy/ 45min	9:00am CrosSeal Steven 30 minute class	NEW CLASS TIMES!	9:00am Strength Training Randy
9:30am Zumba Carrie M	9:15am Pilates Susan D	STARTS JUNE 21ST	9:30am Zumba Carrie	9:15am Pilates Susan D	10:30am Prana Yoga Carrie C
				Remember!! Your first visit is FREE	
5:00pm Tae Kwon Do Brian Anderson		5:00pm Tae Kwon Do Brian Anderson			
<i>New Class</i> 5:30pm Spin & Strength Tahny 45 min				5:30pm Self-Defense Bernard	
6:15pm CrosSeal Steven 30 minute class		6:15pm CrosSeal Steven 30 minute class			

Call the Center for more information at **517-592-3393**

Visit us on the web at www.ccfitnesscenter.org

**Our facility is not only for students but is
OPEN TO THE PUBLIC**

Our Indoor Walking Track is FREE to the public

Please note that changes in the schedule may be made at the discretion of the Center due to lack of attendance, please check our website for updates regularly.