

Class Schedule **Starts January 11th**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Circuit Nancy	9:00am Strength Training Andrea	9:00am Spinning Nancy	9:00am Strength Training Andrea	9:00am Step Nancy	8:15am CrosSeal Steven 30 min. class
9:00am Spinning Andrea		10:00am Butts, Guts & Flex Nancy/ 45min	9:00am CrosSeal Steven 30 minute class	9:00am Spinning Andrea	9:00am Spinning Karen/Christi
10:30am Zumba Carrie M.	10:15am Pilates Susan D	11:00am Yoga Debbie	10:15am Zumba Carrie		9:00am Strength Training Randy
2:50pm Spinning Karen <u>No school-no class</u>		2:50pm Spinning Karen <u>No school-no class</u>			10:30am Basic Yoga Carrie <i>Starts 3/6/10</i>
	4:15pm Spinning Krista		4:15pm Spinning Krista		Remember!! Your first visit to each of our different classes is FREE
5:00pm Tae Kwon Do Brian Anderson <i>New Class!</i>	5:30pm Butts, Guts & Flex Nancy 45 minute class	5:00pm Tae Kwon Do Brian Anderson <i>New Class!</i>			
5:30pm Spinning Tahny 45 min	6:15pm Spinning Nancy		5:45pm Spinning Karen/Christi 45 minute class	5:30pm Self-Defense Bernard	
6:15pm CrosSeal Steven 30 minute class	6:30pm Strength Training Randy	6:15pm CrosSeal Steven 30 minute class		<i>New Class!</i>	

Call the Center for more information at **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.