

Class Schedule **Sept. 7th – Oct. 3rd**



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|
| 8:30am Circuit Nancy | 8:30am Strength Training Andrea | 8:30am Spinning Nancy | 8:30am Strength Training Andrea | 8:30am Step Nancy | 8:15am CrosSeal Andrea 30 min. class |
| 8:30am Spinning Christi/ Tahny | | 8:30am Feeling Fit Over 50 Leigh 50 min. class | | 8:30am Spinning Andrea | 9:00am Spinning Tahny |
| 10:00am Zumba Carrie M. | 9:45am Pilates Susan D | 9:30am Butts, Guts & Flex Nancy/ 45min | 10:00am Zumba Carrie M. | 9:45am Pilates Susan D | 9:00am Strength Training Randy |
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| 3:45pm Spin X-Press Karen 30 minute class !!NEW CLASS!! | Spinning w/Krista Coming Oct. 5th | 3:45pm Spin X-Press Karen 30 minute class !!NEW CLASS!! | Spinning w/Krista Coming Oct. 7th | | 10:30am Basic Yoga Carrie C. |
| 5:00pm Tae Kwon Do Brian Anderson | | 5:00pm Tae Kwon Do Brian Anderson | | NEW KEISER SPIN BIKES ARE COMING SOON!! | Remember! Your first visit is FREE! |
| | COMING OCTOBER 5th Butts, Guts & Flex and Spinning w/Nancy | | | | |
| 5:30pm Spin & Strength Tahny | | | | | |
| 6:15pm CrosSeal Karen 30 minute class | N E W | 6:15pm Strength Training Randy | 6:15pm CrosSeal Karen 30 minute class | N E W | 6:15pm Strength Training Randy |

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

Visit us on the web at www.ccfitnesscenter.org

We're located on the south end of Columbia Central H/S at 11775 Hewitt Rd. Brooklyn, MI

**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.