



# GROUP FITNESS CLASSES

## 11-Week-Zumba Toning

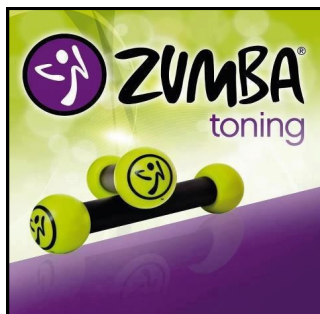
Monday Evenings

7:30-8:30pm

Sept. 28th-Dec 7th

\$88 for the entire 11 weeks

Class # 3



## 12-Week Yoga Session

Tues Mornings

9:30-10:30am

Sept. 29th-Dec 22nd

\$96 for 12 weeks

Class # 4

(No class Nov 3rd)



## 12-Week Yoga Session

Tues Evenings

7:30-8:30pm

Sept. 29th-Dec 22nd

\$96 for 12 weeks

Class # 5

(No class Nov 3rd)



## 10-Week-Zumba Combo

Wednesday Evenings

7:30-8:30pm

Sept 30th-Dec 9th

(no class 11-25-20)

\$80 for 10 weeks

Class # 6



## 10-Week-Total Barre Class

Thursday Mornings

9:30-10:30am

Oct 1st-Dec 10th

(no class 11-25-20)

\$80 for 10 weeks

Class # 7



## 10-Week-Total Barre Class

Saturday Mornings

9:00-10:00am

Sept. 26th-Dec 12th

(no class 10-31 & 11-28)

\$80 for 10 weeks

Class # 8



## Central City Dance & Fitness Center

734-459-0400

Register for 2 Sessions \$10 off

Register for 3 Sessions \$15 off

\$12 Drop In Fee