



# GROUP FITNESS CLASSES

## 12-Week-Zumba Toning

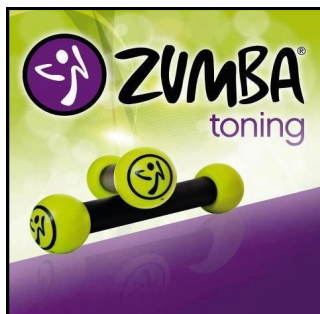
Monday Evenings

7:30-8:30pm

Sept. 23-Dec. 9th

\$96 for the entire 12 weeks

Class # 3



## 12-Week Yoga Session—Inter/Adv

Tues Mornings

9:30-10:30am

Sept. 24-Dec.10th

\$96 for 12 weeks

Class # 4



## 12-Week Yoga Session

Tues Evenings

7:30-8:30pm

Sept. 24th-Dec. 10th

(\$96 for 12 weeks

Class # 5



## 12-Week-Zumba Strong

Wednesday Evenings

7:30-8:30pm

Sept. 18th-Dec. 11th

(no class 11-27-19)

\$96 for 12 weeks

Class # 6



## 12-Week-Total Barre Class

Thursday Mornings

9:30-10:30am

Sept. 19th-Dec 12th

(no class 11-28-19)

\$96 for 12 weeks

Class # 7



## 12-Week-Total Barre Class

Saturday Mornings

9:00-10:00am

Sept. 21st-Dec. 14th

(no class 11-30-19)

\$96 for 12 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