

new year, new you!

The body achieves
what the mind believes ...

8-Week Yoga Session

Tues Evenings

7:30-8:30pm

Feb 2nd-March 23rd

\$72 for 8 weeks

Class # 10



7-Week Beg/Inter Yoga Session-by Zoom

Tues Mornings

9:30-10:30am

Feb 2nd-March 23rd

\$63 for 7 weeks

Class # 12

(no class Feb 16)

Zoom link will be provided by e-mail on Feb 1st.



8-Week-Zumba Combo

Wednesday Evenings

7:30-8:30pm

Feb 3rd-March 24th

\$72 for 8 weeks

Class # 9



8-Week-Total Barre Class

Thursday Mornings

9:30-10:30am

Feb 4th-March 25th

\$72 for 8 weeks

Class # 10



Central City Dance & Fitness Center

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www.centralcitydance.com