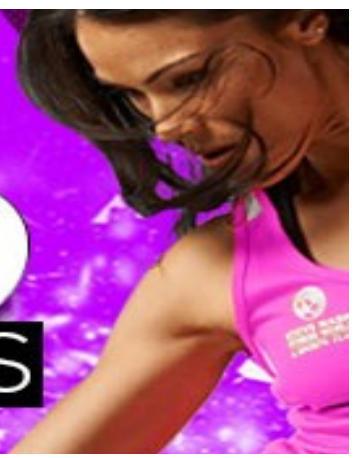


Fall into

GROUP FITNESS CLASSES



12-Week-Zumba Toning

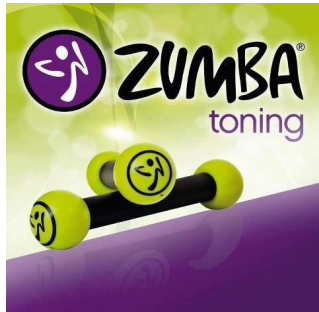
Monday Evenings

7:30-8:30pm

Sept. 18th-Dec. 4th

\$96 for the entire 12 weeks

Class # 1



12-Week Yoga Session—Inter/Adv

Tues Mornings

9:30-10:30am

Sept. 19th-Dec. 5th

\$96 for 12 weeks

Class # 2



11-Week Yoga Session

Tues Evenings

7:30-8:30pm

Sept. 19th-Dec. 5th

(no class Oct 31st)

\$88 for 11 weeks

Class # 3



11-Week-Pound Fitness

Wednesday Evenings

7:30-8:30pm

Sept. 20th-Dec. 6th

(no class Nov. 22nd)

\$88 for the entire 11 weeks

Class # 4



11-Week-Total Barre Class

Thursday Mornings

9:30-10:30am

Sept. 21st-Dec 7th

(no class Nov. 23rd)

\$88 for 11 weeks

Class # 5



11-Week Yoga Session

Saturday Morning

9:00-10:00am

Sept. 23rd-Dec. 9th

(no class Nov. 25th)

\$88 for 11 weeks

Class # 6



11-Week-Total Barre Class

Saturday Mornings

9:00-10:00am

Sept. 23rd-Dec. 9th

(no class Nov. 25th)

\$88 for 11 weeks

Class # 7



Central City Dance & Fitness Center

734-459-0400

Multiple Fitness Class Discount

Register for 2 Sessions \$10 off

Register for 3 Sessions \$15 off

Register for 4 Sessions \$20 off

\$12 Drop In Fee