

new year, new you!

The body achieves
what the mind believes ...

12-Week-Zumba Toning

Monday Evenings

7:30-8:30pm

Jan 6th—March 23rd

\$96 for 12 weeks

Class # 9



12-Week Yoga Session

Tues Mornings

9:30-10:30am

Jan 7th-March 24th

\$96 for 12 weeks

Class # 12



12-Week Yoga Session

Tues Evenings

7:30-8:30pm

Jan 7th—March 24th

\$96 for 12 weeks

Class # 10



12-Week-Zumba Combo

Wednesday Evenings

7:30-8:30pm

Jan 8th— March 25th

\$96 for the entire 12 weeks

Class # 13



12-Week-Total Barre Class

Thursday Mornings

9:30-10:30am

Jan 9th—March 26th

\$96 for 12 weeks

Class # 11



12-Week-Total Barre Class

Saturday Mornings

9:00-10:00am

Jan 11th— March 28th

\$96 for 12 weeks

Class # 14



Central City Dance & Fitness Center

734-459-0400

Multiple Fitness Class Discount

Register for 2 Sessions-\$10 off

Register for 3 Sessions-\$15 off

\$12 Drop In Fee