

Class Schedule Starts: **May 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:50am Boot Camp Tahny/Bonnie 30 minutes	7:45am Spinning Bonnie 30 minutes	7:50am Boot Camp Tahny/Bonnie 8:30am Spinning/ Nancy	7:45am Spinning Bonnie 30 minutes	8:30am Step Nancy	8:15am Spinning Andrea 45 minutes
8:30am Circuit Nancy	8:30am Strength Training Andrea	8:30am Fusion Fit Leigh	8:30am Strength Training Andrea	8:30am Spinning Andrea	9:00am Strength Training Randy
8:30am Spinning Jeff	9:45am Yoga Leigh	9:30am Butts, Guts & Flex Nancy/ 45min	9:30am Crunch, Core & Stretch Andrea	9:45am Pilates Susan	9:00am Basic Yoga Leigh
10:00am Zumba Cara		10:30am Cardio Line Dancing Sally Shock	10:00am Zumba Anya		
	4:30pm Spinning Krista Last class 5/29				All classes are 60 minutes unless otherwise noted
5:30pm Spin & Strength Andrea 45 minutes	6:00pm Boot Camp Tahny 30 minutes				
6:15pm Strength Training Express 45 min/Randy	6:00pm Spinning Nancy	6:15pm Strength Training Express 45 min/Randy	6:00pm Spinning Andrea		Remember! Your first <u>visit</u> is FREE!

Call the Center for more information at **517-592-3393**

Visit us on the web at www.ccfitnesscenter.org

We're located on the south end of Columbia Central H/S at 11775 Hewitt Rd. Brooklyn, MI

Our facility is not only for students but is OPEN TO THE PUBLIC

Our Indoor Walking Track is FREE to the public

Please note that changes in the schedule may be made at the discretion of the Center due to lack of attendance, please check our website for updates regularly.