

new year, new you!

The body achieves
what the mind believes ...

9-Week-Zumba

Monday Evenings

7:30-8:30pm

Jan 9th—March 6th

\$90 for 9 weeks

Class # 9



9-Week Yoga Session

Tues Evenings

7:30-8:30pm

Jan 10th-March 7th

\$90 for 9 weeks

Class # 10



9-Week-Zumba Toning

Wednesday Evenings

7:30-8:30pm

Jan 11th—March 8th

\$90 for 9 weeks

Class # 11



8-Week-Total Barre Class

Saturday Mornings

9:00-10:00am

Jan 7th—March 11th

(no class Feb-11 & Feb-18)

\$80 for 8 weeks

Class # 12



Central City Dance & Fitness Center

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Canton, MI 48187

734-459-0400

www.centralcitydance.com