

Get in shape!



Fitness Classes

CCJ Strength Training!

Mondays

8:00am ~ Strength Training/Cardio w/ Ty Rodriguez ~ \$8 per class

Tuesdays

5:30pm ~ Strength Training w/ Ty Rodriguez ~ \$8 per class

Wednesdays

8:00am ~ Strength Training/Cardio w/ Ty Rodriguez ~ \$8 per class

8:30am ~ Water Zumba w/ Michelle Woods ~ \$8 per class

(beginning May 31 ends Aug. 30)

Thursdays

5:30pm ~ Strength Training w/ Ty Rodriguez ~ \$8 per class

Fridays

9:30am ~ Water Zumba w/ Michelle Woods ~ \$8 per class

(beginning June 2 ends Sept. 1)

Personal Training Available by Appointment

Bob Moles 517-788-6086

Jeff Beagle 517-795-4970

Michelle Woods 517-206-1974

Ty Rodriguez 517-937-5223

\$40 per session