

# FRIDAY FITNESS FUN



**6:30pm – 7:30pm**

**CCPlus @ The Center**  
**300 N. Groesbeck**  
**Mt. Clemens, MI 48043**

The Macomb/St. Clair County Affiliate of the Autism Society is joining with CCPlus to bring **Friday Fitness classes** to Macomb County on Friday night, for families of those on the spectrum. It can be for **parent and child or just a parent or just child** (parent must be present). CCPlus will teach and host these sessions.

[www.ccplusdance.com](http://www.ccplusdance.com)

This is a 6 week session and will include high-energy, fun fitness with cardio/dance options for the group including: Club MCTD (specialized instruction of popular line dances), My Chance to Dance™- (adapted dance/exercise program), Zumba, toning and more. There will be different themes offered throughout the session.

**IN CASE OF INCLEMENT WEATHER, CALL CCPLUS 586-463-3277**

**We will meet on the following Fridays:**  
**Sept 9 & 23 – Oct 14 & 28 – Nov 11 – Dec 9 & 16**

***This is FREE to Members and their Family***

***Non-Members Fee: \$10.00 for entire family for the entire season.***

***Please RSVP by August 31, 2016, so we can get a count for refreshments & interest!***

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

# OF ADULTS ATTENDING: \_\_\_\_\_

# OF CHILDREN ATTENDING: \_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

**Please send to:**

Anne Gacki  
49180 Clinton Terrace Dr.  
Macomb, MI 48044