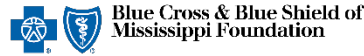


CCC FIT FOR LIFE



MADE POSSIBLE BY A GRANT FROM



A Subsidiary of Blue Cross & Blue Shield of Mississippi.

**Fit for Life Group Fitness Class Schedule  
Fall 2017  
August 28 – December 8**

Time	Monday	Tuesday	Thursday	Saturday
8:00 - 10:00 AM				Fitness Boot Camp  (Shanelle Frazier Letha Richards Katrina Jordan)
5:00 - 5:50 PM	Intermediate Step (Letha Richards)	Beginning Step/ Zumba Step (Letha Richards)	Step Kickboxing (Letha Richards)	
5:55 - 6:50 PM	Zumba (Tanesha Young)	Zumba (Tanesha Young)	Zumba (Tanesha Young)	
7:00 - 7:55 PM	Strength Training (Darius Davis)	Strength Training (Darius Davis)	Strength Training (Darius Davis)	

**Note: The Fitness Boot camp will take place on the first three Saturdays of each month.**