

# Classes & Programs at the CMC



**Mommy & Me Fitness:** Michelle Wenis meshes a knowledge of Yoga, holistic health and fitness with her own music in classes that are both a great workout for Moms and an irreplaceable bonding experience for you & your little one. Ask about our prenatal class too.



**Women's Fitness:** No kids, just exercise. Mom's can drop their kids in the supervised activity center while they get their own workout. Cardio, resistance training, balance and flexibility work are all incorporated. You get a full workout and take care of yourself.



**Girls on Guard:** The CMC's self defense class empowers you. Develop awareness, avoid potentially bad situations, and learn to escape if you must. This class should be a part of every woman's life and is especially important for teenagers heading off to college or out on their own.



**Building with LEGO:** One of the few classes at The CMC where kids are happy to stand still. Instructor Zach Polley teaches beginners through advanced builders. The topics vary each week; cars, castles, rockets, etc., but the fun is a constant. You'll see creativity in action!



**Drop & Shop:** You don't want your kids with you ALL THE TIME! Drop them at The CMC while you go shopping. They'll be supervised and actively playing in a fun & safe setting, you'll be able to stop, think, and make up your mind while shopping—without the tugging, crying & fuss.



**Special Mondays:** Monday evenings are set aside for those children with special needs. Any family that has a child receiving services can bring everyone to play for the evening. We reserve the entire CMC activity floor—your kids can zip, swing, spin, and bounce the night away.



**1/2 Price Thursdays:** Our activity center is open 7 days per week for drop in play. On Thursdays, admission is 1/2 price from 9:00 a.m. until 3:00 p.m. for kids 5 and under. This program is great for families on a budget, or just those looking

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Home School Weekdays: On Tuesdays & Wednesdays from 9:00 a.m. until 3:00 p.m. we have special pricing for families that home school their children. There's an available classroom, plenty of dynamic activity and a great social setting for the kids to interact.



Physical Therapy: The CMC is built for fun & recreation, but owner Scott Coulter is a PT and he uses the activity center therapeutically with children that have special needs. Developing core strength, balance and agility can be fun. Private therapy sessions are by appointment only.



Recreation Nights: The Activity Center is huge and that makes it a great place for groups to come and play. We hold recreation nights for school classes, scouts and a variety of other organizations. It's a great place for fund raising activities as well.



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**[Cmcplay.com](http://Cmcplay.com)**