

Winter "The Bleak" Season (January 3 - February 16, 2019)

online information >>> <http://ccwc.blog>

*Sunrise - 7:15am

*Sunset - 5:45pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kick Off	<p>Zumba® fitness will meet at The BLAKE Activity Room (\$5)</p> <p>Winter Conditioning Group Run will meet at the Green Barn. Just show up at the time. 6:30PM Group will be running in residential area mostly since it's going to be in the dark. Saturday morning may use</p>			1/3 5:30PM & 6:30PM FREE Group Run All Levels	1/4	1/5 9:00AM FREE Group Run All Levels Bulldog Breakaway New Years 5K
Week 1	1/7	1/8 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/9	1/10 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/11	1/12 9:00AM FREE Group Run All Levels Charleston Marathon Half Marathon / 5K
Week 2	1/14	1/15 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/16	1/17 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/18	1/19 9:00AM FREE Group Run All Levels
Week 3	1/21 MLK Jr. DAY	1/22 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/23	1/24 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/25	1/26 9:00AM FREE Group Run All Levels Charlie Post Classic 15K and 5K
Week 4	1/28	1/29 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	1/30	1/31 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	2/1	2/2 9:00AM FREE Group Run All Levels Save the Lighthouse 13.1 and 5K
Week 5	2/4	2/5 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	2/6	2/7 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	2/8	2/9 9:00AM FREE Group Run All Levels Cupid's Chase 5K
Week 6	2/11	2/12 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	2/13	2/14 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	2/15	2/16 9:00AM FREE Group Run All Levels Head for the Cure 5K Super Run 5K

* Season Pass (Non-refundable, only valid for 6 weeks), Punch Card (Valid through May 2018 to April 2019) for \$25, Drop-in; \$5

** Classes can be canceled due to weather / facility condition.

FYI: Local Races 2019 Winter-Spring (not everything. Feel free to contact me if you need more information.)

- 2/16 Head for the Cure 5K Palmetto Islands County Park(Mt. Pleasant)
- 2/23 Almost 9 Miler Moncks Corner
- Race for Life 10K / 5K James Island County Park (James Island)
- 3/2 Give Me Shelter Color 5K Moncks Corner
- Ashley River Adventure Race 5K&Paddle Ashley River Park, Ashley River, and Middleton Plantation
- 3/9 The Hippie Dash 5K James Island County Park
- 3/14 Catch The Leprechaun 5K Mt Pleasant Waterfront Park (Start 6:30PM)
- 3/16 Bosch 5K North Charleston Riverfront Park
- Rugged Maniac 5K Boone Hall Plantation
- Shamrock Shuffle 5K /10k/1 Mile Summerville
- 3/23 Cobra Charge 5K Cane Bay
- Palmetto 70 (70 mile Relay) Moncks Corner
- 3/30 The 5K Foam Fest 5K Johns Island County Park
- 4/6 Cooper River Bridge Run 10K Charleston