



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	Zumba® fitness will meet at The BLAKE Activity Room (\$5) 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			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 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	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 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	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 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	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 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	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 9:00-10:00AM Zumba® fitness All Levels 5:30PM & 6:30PM FREE Group Run All Levels	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