



ADULT FITNESS CLASS SCHEDULE FALL 2022

MON	TUES	WED	THURS	FRI	SAT
ZUMBA W/MEGAN 8:30 AM	TOTAL BODY CONDITIONING W/MEGAN 8:30 AM	DANCE FITNESS W/ALEXANDRA & CHRISTY 8:30AM	STRONG BY ZUMBA W/MEGAN 8:30 AM	DANCE FITNESS W/ALEXANDRA 8:30AM	ZUMBA OR DANCE FITNESS W/ROTATING INSTUCTORS 9:00AM
ZUMBA GOLD W/ARLENE 10:00AM		SILVER FIT & FAB W/ARLENE 10:00AM	LINE DANCING W/BEA 6:30PM STUDIO 3		OULA W/DIANE 10:15AM
DANCE FITNESS W/CLAIRE 5:30PM	OULA W/VAL 6:30PM	DANCE FITNESS W/CLAIRE 5:30PM	OULA W/DIANE 6:30PM STUDIO 1		SUNDAYS OULA W/VAL 10:00AM

Classes are held at Groovz Studio of Dance, 810 S. 1st St, Hamilton, MT.

Call #510-828-7545 for more details.

Find current class info on Facebook @GroovzAdultFitnessClasses @LinedanceBitterroot

First class is always free! \$5 to drop in; punch cards available from each instructor.

