



Fall Schedule

Adult Fitness Workouts

ONLY \$5 for a drop-in class,
no registration fees

Mondays: 8:30 a.m. Zumba, 10 a.m. Zumba Gold, and 5:30 p.m. THRIVE Dance Fitness by Claire

Tuesdays: 8:30 a.m. Total Body Conditioning and 6:30 p.m. Oula

Wednesdays: 8:30 a.m. THRIVE

Dance Fitness (rotating instructors: Claire and Alex), 10 a.m. Silver Fit and Fab, 4:15 p.m. Oula power and 5:30 p.m. THRIVE Dance Fitness by Claire

Thursdays: 8:30 a.m. STRONG by Zumba, and 6:30 p.m. Oula

Fridays: 7:30 a.m. Oula power, and 8:30 a.m. THRIVE Dance Fitness by Alex

Saturdays: 9 a.m. THRIVE Dance Fitness or Zumba (rotating instructors), and 10:15 a.m. Oula

Sundays: 10 a.m. Oula

SEE CLASS DESCRIPTIONS ON BACK

Classes are 1 hour; held at Groovz Studio of Dance and Fitness, 810 S. 1st St. Hamilton call (406) 375-5226 for more information , join Groovz Adult Fitness Facebook group