



ADULT FITNESS CLASS SCHEDULE 2023 HAMILTON

MON	TUES	WED	THURS	FRI	SAT
Zumba w/Megan 8:30AM	Total Body Conditioning w/Megan 8:30AM	Dance Fitness w/Alexandra & Christy 8:30AM	STRONG by Zumba w/Megan 8:30AM	SHiNE Dance Fitness w/ Alexandra 8:30AM	Zumba, Dance Fitness or SHiNE Dance Fitness w/Rotating Instructors 9:00AM
Zumba Gold w/Arlene 10:00am		Silver Fit & Fabulous PLUS w/Arlene 10:00am		Silver Fit & Fabulous PLUS w/Arlene 10:00am	
Dance Fitness w/Claire 5:30pm	OULA w/Val & Diane 6:30PM	Dance Fitness w/Claire 5:30pm			SUNDAYS OULA w/Val 10:00AM

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

Call or text #510-828-7545 for more details.

Find current class info on Facebook @GroovzAdultFitnessClasses

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

