

# GROOVZ

studio of dance & fitness

## ADULT FITNESS CLASS SCHEDULE 2026

### HAMILTON

MON	TUES	WED	THURS	FRI	SAT
Zumba w/Megan 8:30AM	Total Body Conditioning w/Megan 8:30AM		STRONG by Zumba w/Megan 8:30AM	SHiNE Dance Fitness w/ Alexandra 8:30AM	Zumba, Dance Fitness, Oula, or SHiNE Dance Fitness w/Megan, Alex, Claire or Val 9:00AM
Silver Fit & Fabulous PLUS w/Arlene 10:00am		Zumba Gold w/Arlene 10:00am		Silver Fit & Fabulous PLUS w/Arlene 10:00am	
Dance Fitness w/Claire 5:30pm		Dance Fitness w/Claire 5:30pm			
					<b>SUNDAYS</b> <b>OLA</b> w/Val 10:00AM

Classes are held in Studio #1 at Groovz studio of dance, 810 South 1st St, Hamilton, MT.

Contact individual instructors for more information and for individual instructor class pricing.

Megan Pace #406-369-1145/ Claire Kemp #406-531-7909/ Alexandra Stuart #406-214-0470/ Arlene Williams #805-587-2615/ Val Widmer #406-531-8845

Find current class info/cancellation info on Facebook @GroovzAdultFitnessClasses

[www.groovzdance.com](http://www.groovzdance.com)