



## Stevensville Adult Fitness Class Schedule Spring 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YOGA</b> <b>W/GRETCHEN</b> <b>\$12 Drop-in</b> (406)207-3738 <b>9:30-10:30 AM</b>	<b>YOGA</b> <b>W/LISA</b> <b>\$12 Drop-in</b> (775)843-0836 <b>9:30-10:45 AM</b>	<b>YOGA</b> <b>w/Gretchen</b> <b>\$12 Drop-in</b> (406)207-3738 <b>9:30-10:30 AM</b>	<b>YOGA</b> <b>W/ANDREA</b> <b>\$12 Drop-in</b> (406)422-3917 <b>9:30-10:30 AM</b>	<b>YOGA</b> <b>w/Gretchen</b> <b>\$12 Drop-in</b> (406)207-3738 <b>9:30-10:30 AM</b>
	<b>KRAV MAGA</b> <b>W/DOC</b> (575)888-7825 Please call if interested <b>7:00-8:00 PM</b> Studio B		<b>KRAV MAGA</b> <b>W/DOC</b> (575)888-7825 Please call if interested <b>7:00-8:00 PM</b> Studio B	
	<b>LINE DANCING</b> <b>W/BEA</b> <b>\$5 Drop-in</b> (406)360-0179 @LinedanceBitterroot <b>7:15-8:15 PM</b>			

Classes are held at Groovz Studio of Dance, 217 Main St, Stevensville, MT.

Call Class Instructors for information about each class or contact April at (406)214-5295.

Yoga instructors offer punch cards with a discounted class price, ask them about that if interested.