



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 | OULA ONE w/Lisa 7:00am-7:45am \$10 class | 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 | STRONG by Zumba w/Megan 8:30AM | Silver Fit & Fabulous PLUS w/Arlene 10:00am | |
| Dance Fitness w/Claire 5:30pm | OULA w/Val 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 for most classes; punch cards available from each instructor.

