



STONEGATE
ladies fitness

DAY	CLASS	TIME
MONDAY	Cardio Groove	9:00 a.m.
	Zumba Toning	5:30 p.m.
TUESDAY	Pump 'N Tone	8:30 a.m.
	Body by Baby*	9:30 a.m.
	Fit 'N Firm*	9:30 a.m.
	Total Body Conditioning	5:30 p.m.
WEDNESDAY	Cardio Groove	9:00 a.m.
THURSDAY	Pump 'N Tone	8:30 a.m.
	Body by Baby	9:30 a.m.
	Fit 'N Firm	9:30 a.m.
	Total Body Conditioning	5:30 p.m.
FRIDAY	Power Stretch	9:00 a.m.

All classes meet in Building E

Childcare is provided for these classes

***The first Tuesday of each month will be a combined Barre class suitable for all fitness levels at 9:30**

Holidays:

September 2-5 | Labor Day Weekend

November 21-25 | Thanksgiving break

Dec 23 - Jan 6 | Christmas break