

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.
	Stretch & Strength	12:00 p.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.
	Stretch & Strength	12:00 p.m.
	Total Body Conditioning	5:30 p.m.
	Running Club	6:30 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:

Thanksgiving - November 20-26

Christmas - December 20 - January 7

Instructors

Cardio Groove: Ashley/Kendall

Zumba Toning: Gloria

Pump 'N Tone: Melinda

Fit 'N Firm: Allison

Body by Baby: Lauren/Heather

Total Body Condition: Melinda

Stretch & Strength: Kylee

Power Stretch: Melinda