

DAY	CLASS	TIME
MONDAY	Cardio Groove	9:30 a.m.
	Zumba Toning	5:30 p.m.
TUESDAY	Barre/Body by Baby**	9:30 a.m.
	Fit 'N Firm**	9:30 a.m.
	Total Body Conditioning	5:45 p.m.
WEDNESDAY	Pump 'N Tone	8:30 a.m.
	Cardio Groove	9:30 a.m.
THURSDAY	Pump 'N Tone	8:30 a.m.
	Barre/Body by Baby	9:30 a.m.
	Fit 'N Firm	9:30 a.m.
	Total Body Conditioning	5:45 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:

Memorial Day | 5/25 - 5/28

Independence Day | 7/4

Summer Breaks | 7/30 - 8/3 & 8/20-24

Labor Day | 8/31-9/3

Instructors

Cardio Groove: Ashley/Kendall

Zumba Toning: Gloria

Pump 'N Tone: Melinda

Fit 'N Firm: Allison

Barre/Body by Baby: Heather

Total Body Condition: Melinda

Power Stretch: Melinda