

DAY	CLASS	TIME
MONDAY	<b>Cardio Groove</b>	9:00 a.m.
	<b>Zumba Toning</b>	5:30 p.m.
	<b>Yoga</b>	5:30 p.m.
TUESDAY	<b>Barre Babes</b>	5:15 a.m.
	<b>Barre &amp; Tabata/Body by Baby*</b>	9:30 a.m.
	<b>Total Body Conditioning</b>	5:45 p.m.
WEDNESDAY	<b>Pump 'N Tone</b>	8:30 a.m.
	<b>Cardio Groove</b>	9:00 a.m.
	<b>Fit 'N Firm</b>	9:30 a.m.
THURSDAY	<b>Barre Babes</b>	5:15 a.m.
	<b>Pump 'N Tone</b>	8:30 a.m.
	<b>Barre &amp; Tabata/Body by Baby</b>	9:30 a.m.
	<b>Fit 'N Firm</b>	9:30 a.m.
	<b>Total Body Conditioning</b>	5:45 p.m.
FRIDAY	<b>Power Stretch</b>	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 Tabata class suitable for all fitness levels at 9:30**

**Summer Break Week (no classes) | Monday - Friday, June 17-21**

Cardio Groove: Kendall  
 Zumba Toning: Gloria  
 Pump 'N Tone: Melinda  
 Fit 'N Firm: Melinda  
 Monday Yoga: Lauraine

Barre/Body by Baby: Heather  
 Barre Babes: Heather  
 Total Body Condition: Melinda  
 Power Stretch: Lauraine