

DAY	FALL 2019 CLASSES	TIME
MONDAY	Cardio Groove	9:30 a.m.
	Zumba Toning	5:30 p.m.
	Yin Yoga	5:30 p.m.
TUESDAY	Barre Babes	5:15 a.m.
	Pump 'N Tone	8:30 a.m.
	Fit 'N Firm	9:30 a.m.
	Total Body Conditioning	5:45 p.m.
WEDNESDAY	Absolutely Abs	8:30 a.m.
	iYoga Flow	9:30 a.m.
	Cardio Groove	9:30 a.m.
THURSDAY	Barre Babes	5:15 a.m.
	Pump 'N Tone	8:30 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

Holidays - No Classes

Summer Break - Monday-Friday, August 19-23

Labor Day - Monday, September 2

Fall Break - Monday-Friday, November 25-29

Christmas Break - December 19-January 3

Instructors:

Cardio Groove: Kendall

Zumba Toning: Gloria

Pump 'N Tone: Melinda

Fit 'N Firm: Melinda

Yin Yoga: Lauraine

iYoga Flow: Melinda

Absolutely Abs: Melinda

Barre Babes: Heather

Total Body Condition: Melinda

Power Stretch: Lauraine