

DAY	FALL 2019 CLASSES	TIME
MONDAY	<b>Cardio Groove</b>	9:30 a.m.
TUESDAY	<b>Barre Babes</b> <b>Fit 'N Firm</b> <b>Total Body Conditioning</b>	5:15 a.m. 9:30 a.m. 5:45 p.m.
WEDNESDAY	<b>Cardio Groove</b>	9:30 a.m.
THURSDAY	<b>Barre Babes</b> <b>Fit 'N Firm</b> <b>Total Body Conditioning</b>	5:15 a.m. 9:30 a.m. 5:45 p.m.

**All classes meet in Building E**  
**Childcare is provided for these classes**

**Holidays - No Classes**

Thanksgiving Break- Monday-Friday, November 25-29  
 Christmas Break - December 19-January 5  
 Spring Break - Monday-Friday, March 9-13  
 Summer Break - Monday-Friday, July 20-24

**Instructors:**

Barre Babes: Heather  
 Cardio Groove: Kendall  
 Fit 'N Firm: Melinda  
 iYoga Flow: Melinda  
 Total Body Condition: Melinda