



MONDAY	Cardio Groove/Zumba **	9:30AM
	Tone & Groove	5:45PM
TUESDAY	Rise Up Strong	5:15AM
	Fit 'N Firm	9:00AM
	Total Body Conditioning **	5:45PM
WEDNESDAY	Rise Up Strong	5:15AM
	Cardio Groove/Zumba **	9:30AM
	CO-ED Stretch & Strength **	5:45PM
THURSDAY	Rise Up Strong	5:15AM
	Fit 'N Firm	8:30AM
	Total Body Conditioning	5:45PM
	Zumba	5:45PM

All classes meet in Building E

\*\* Childcare is provided

Classes do not meet on Holidays

### Instructors

Rise Strong: Sonya/Tina

Cardio Groove/Zumba: Kendall

Tone & Groove/Zumba: Kara

Fit 'N Firm, Coed Stretch & Strength, and Total Body Conditioning: Melinda

For more info, go to Stonegate Fitness on Facebook