

MONDAY	Cardio Groove/Zumba**	9:30AM
TUESDAY	Fit 'N Firm	9:00AM
	Total Body Conditioning **	5:45PM
WEDNESDAY	Cardio Groove/Zumba **	9:30AM
THURSDAY	Ei+ 'N Einm	8:30AM
IUKSDAI	FIL IN FILTII	O.SUAIVI

All classes meet in Building E

Classes do not meet on Holidays

Instructors

Cardio Groove/Zumba: Terri

Fit 'N Firm and Total Body Conditioning: Melinda

For more info, go to Stonegate Fitness on Facebook. Summer Schedule begins 5.19.25

<sup>\*\*</sup> Childcare is provided