



## ADULT FITNESS CLASS SCHEDULE 2024 HAMILTON

| MON  | TUES  | WED                                  | THURS                                   | FRI  | SAT   |
|--|---|--------------------------------------|---|--|---|
| Zumba<br>w/Megan<br>8:30AM                           | Total Body<br>Conditioning<br>w/Megan<br>8:30AM | Dance Fitness<br>w/Christy<br>8:30AM |   | SHiNE Dance<br>Fitness w/<br>Alexandra<br>8:30AM     | Zumba, Dance<br>Fitness or SHiNE<br>Dance Fitness<br>w/Rotating<br>Instuctors<br>9:00AM |
| Silver Fit & Fabulous<br>PLUS<br>w/Arlene<br>10:00am |   | Zumba Gold<br>w/Arlene<br>10:00am    | STRONG by<br>Zumba<br>w/Megan<br>8:30AM | Silver Fit & Fabulous<br>PLUS<br>w/Arlene<br>10:00am |   |
| Dance Fitness<br>w/Claire<br>5:30pm                  | OULA<br>w/Val<br>6:30PM                         | Dance Fitness<br>w/Claire<br>5:30pm  |   |  | <b>SUNDAYS</b><br>OULA<br>w/Val<br>10:00AM  |

Classes are held in Studio 1 at Groovz Studio of Dance, 810 S. 1st St, Hamilton, MT.  
Call or text #510-828-7545 for more details.

Find current class info/cancellation info on Facebook @GroovzAdultFitnessClasses

First class is always free! \$5 to drop in for most classes; punch cards available from each instructor.

