

www.groovzdance.com



October 2019 - March 2020 -Hamilton

**FIND US ON
FACEBOOK
Michelle Post
(Groovz studio of
dance & fitness)**

MONTHLY RATES





COME TRY YOUR FIRST FITNESS CLASS FREE!!!

ALL CLASSES ARE OFFERED ON A \$5 DROP-IN BASIS ONLY, WHICH WILL BE PAID DIRECTLY TO THE INSTRUCTOR OF THE CLASS UPON ARRIVAL.

INSTRUCTORS HAVE THE OPTION OF SELLING A PUNCHCARD FOR THEIR CLASSES ONLY WITH 3-10 CLASSES PRE-PAID TO THEM.

GROOVZ WILL STILL BE HOLDING OCCASIONAL PEEL OFF THE POUNDS CHALLENGES AND OTHER EVENTS...FOLLOW FACEBOOK FOR DETAILS.

*****The Studio Number in which each class meets is listed before each class. Classes and instructors are subject to change.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
						1. Zumba (TBA) Saturdays 9-10am
845-945am		1. Dynamic Toning & Cardio (Megan)	1. Oula (Diane/Val)	1. STRONG by Zumba (Megan)	1. Zumba (Alexandra)	1. Oula (Diane) Saturdays 10-11am
			1. Zumba Gold (Alexandra) Noon-1pm **Low Impact			1. OULA (Val) Sundays 10-11am
<div>     <div>Dynamic Toning & Cardio</div> </div>						
530-630pm	1. Zumba (Claire)		1. Zumba (Claire)			

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