

text: 510-828-7545 (Michelle)
www.groovzdance.com

Adult Fitness Classes







January - May 2020 -Hamilton

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

MONTHLY RATES

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. Dance Fitness (TBA) Saturdays 9-10am
845-945am		1. Dynamic Toning & Cardio (Megan)	1. OULA (Val)	1. STRONG by Zumba (Megan)	1. Dance Fitness 830am (Alexandra)	1. OULA (Diane) Saturdays 10:10AM
			1. Low-Impact Dance Fitness (Alexandra) Noon-1pm			1. OULA (Val) Sundays 10-11am
     						
530-630pm	1. Dance Fitness (Claire)		1. Dance Fitness (Claire)			

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