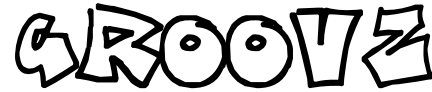


www.groovzdance.com



Adult Fitness Classes - Hamilton

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

Join the GROOVZ Adult Fitness Online FACEBOOK GROUP For class info and notifications!





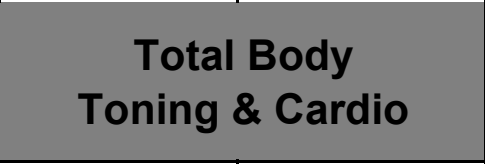
MONTHLY RATES

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 10 CLASSES PRE-PAID TO THEM for \$40.

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. OULA Power 645am (sign up for session w/ Diane 406-381-9855)				1. OULA Power 645am (sign up for session w/ Diane 406-381-9855)	1. Dance Fitness Saturdays 9-10am
	1. Zumba (Megan) 830a Dance Fitness	1. Odd & Awkward (Megan) 830a Total Body Toning		1. STRONG Nation 830a Total Body Cardio/Toning(Megan)	1. Dance Fitness 830am(Alexandra)	1. OULA (Diane) Saturdays 10:15AM
			1. Low-Impact Senior Fitness (Alexandra) 12:15p-1:15p			1. OULA (Val) Sundays 10-11am
						
	1. Dance Fitness 530pm (Claire)	3. Oula (Val) 630pm Dance Fitness	1. Dance Fitness 530pm (Claire)	1. Oula (Diane) 630pm Dance Fitness		

Owner: Michelle Post, 375-5226; Email: groovzdance@yahoo.com; www.groovzdance.com; Facebook: Michelle Post (Groovz studio)