

## ACTIVITY AND PROGRAM INFORMATION



Fitness Focused. Family Friendly.

### WEEKLY FITNESS CLASSES

Class	Instructor	Location	Day of the week	Time
Abs and Glutes	Brittney	Room 102	Tuesday	6:00 pm
Power Spin	Troy	Cycle Room	Tuesday	6:00 pm
Zumba	Deloris	Room 102	Tuesday	7:00 pm
Silver Sneakers	Brandie	Room 108	Wednesday	9:00 am
Xtreme Hip Hop Step	Brittney	Room 102	Thursday	7:00 pm

### WEEKLY PROGRAMS AND ACTIVITIES

Class	Instructor	Location	Day of the week	Time
Belly Dance	Kim	Room 112	Monday	6:00 pm
Beginner Belly Dance	Kim	Room 112	Monday	7:00 pm
Ballet/Hip-Hop Dance	Red Clay	Room 112	Tuesday	4:00 pm
Cheerleading Clinic	Dana	Speed Room	Tuesday	6:00 pm
Line Dancing	Bridget	Dance Room (Oakwood)	Tuesday	6:30 pm
Boxing	Carlos	Speed Room	Wednesday	4:30 pm
Cheerleading Clinic	Dana	Room 112	Wednesday	6:00 pm
Ballet/Hip-Hop Dance	Red Clay	Room 112	Thursday	4:00 pm
Cheerleading Clinic	Dana	Speed Room	Thursday	6:00 pm
Ballet/Hip-Hop Dance	Red Clay	Room 112	Saturday	10:00 am
Boxing	Carlos	Speed Room	Saturday	11:30 am
Cheerleading Clinic	Dana	Gym (Oakwood)	Saturday	1:00 pm

Effective Date: 9/21/2021