



SGFITNESS

SCHEDULE

MONDAY	Zumba	9:30AM
TUESDAY	Fit 'N Firm Total Body Conditioning	9:00AM 5:45PM
WEDNESDAY	Zumba	9:30AM
THURSDAY	Fit 'N Firm Total Body Conditioning	9:00AM 5:45PM

All classes meet in Building E
Classes do not meet on Holidays

Instructors:

Zumba: Megan

Fit 'N Firm and Total Body Conditioning: Melinda