

# Studio South Performing Arts Center

## Adult Fitness Schedule

---

### Monday

5:30-6:30 Zumba (Jen)

7:30-8:30 Stretch and Balance (Neely)

### Tuesday

Classes To Be Announced

### Wednesday

5:15-6:15 Zumba (Jen)

6:30-7:30 Class To Be Announced

### Thursday

6:00-7:00 Roomba (Christina)

7-8:15 Yoga (Bela)