



FITNESS STAGE

11:30 – Noon

**Rhonda
Core Training**

Noon – 12:30

**Tonya Dawson
Zumba Divas**

12:30 – 1:00

**Rhonda
Core Training... It's a Family Thing!**

1:30 – 2:00

**Tonya Dawson
Zumba Divas**

2:30 – 3:00

**Elzey Boxing & Fitness
Boxing Basics**

3:00 – 3:30

**Elzey Boxing & Fitness
Boxing.... Total Fitness**

