



Metro's Wellness Classes - 2024

Monday	Tuesday	Wednesday	Thursday	Friday
A Strong U 9 AM	Stretch & Strength 9 AM	A Strong U 9 AM	Stretch & Strength 9 AM	
Zumba 10 AM	A Strong U 10 AM	Zumba 10 AM	A Strong U 10 AM	Zumba 10 AM
	Adaptive Yoga 11 AM		Adaptive Yoga 11 AM	