

Summer 2024 Classes for Adults

We welcome the intermediate to advanced adults and the professionals to take classes in an upbeat atmosphere with Memphis's best instructors. For those that would love to add dance back into your fitness regime, we guarantee this is the fun workout you have been looking for!

Summer Sessions

June & July (2 Months)

Mondays, Tuesdays, and Thursdays

Class Time: 12:45pm to 2:15pm

Location: Germantown United Methodist Church's Owings Life Enrichment Center
(2323 S. Germantown Rd.), across the street from the GUMC sanctuary

Cost: \$145 Each Month plus one \$10 fee for a key card

(No Pro-Rates - Payment must be received by the first class each month)

June Session = Week of June 3*, June 10,

June 17, and June 24

*Please note: the week of June 3 classes will be held at Hutchison, M-F, 1:30-3:00

July Session = Week of July 8, July 15,

July 22*, and July 29

*Please note: the week of July 22 classes will be held at Hutchison M-F, 9:15 to 10:45

During the summer, Level 4-8 of CBT School (teens from community are invited also!)

Dress for class information for adults is available on our dress code page.