

## CLASS DESCRIPTIONS:

### DANCE WORKOUT:

Learn basic dance moves along with muscle-toning core-strengthening. Add a flexibility segment for a class guaranteed to motivate you!

### DANCE/ZUMBA CIRCUIT:

A high-energy dance and muscle conditioning class using the circuit format. For a fun, fast-paced, total body workout, this class is not to be missed!

### CARDIO DANCE:

Designed to challenge your cardiovascular endurance, the choreography encompasses a variety of dance styles, followed by an abdominal and flexibility segment. It's a blast!

### BEGINNING BALLET:

Introduces adults to the magical world of classical ballet. You will improve your physique and posture through proper technique of ballet fundamentals.

### ZUMBA & ZUMBA BASICS:

Zumba is the fitness craze that is sweeping the nation. Zumba uses a mix of Latin and International Music to create a dynamic, fun, and effective cardio workout.

### INTERVAL CIRCUIT:

A high energy, boot camp style circuit format alternating from low to high intensity cardio to strength building segments. This class is good for all fitness levels.

### HOUSE DANCE:

Students will learn the foundation movements of House Dance which include the jack, footwork and lofting. Students are encouraged to just feel the music and let go.

### CARDIO KICKBOXING:

A high energy very motivating class incorporating moves of the martial arts and strength training.

### NIA:

NIA is a medium for the body, mind, and spirit. It is a form of fusion fitness combining two or more classic movement forms. It encompasses the martial arts, the healing arts, and the dance arts.

### INTERMEDIATE BELLYDANCE:

Intermediate Fusion with Finger Cymbals.

### STABILITY BALL/CORE CLASS

Start Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am to 9am	8:15-9:15am <b>ZUMBA</b> Courtney		8:15-9:15am <b>DANCE WORKOUT</b> Frank		8:15-9:15am <b>DANCE CIRCUIT</b> Frank		
9am to 10am				9:00-10:00am <b>STABILITY BALL CORE &amp; SCULPT</b> Lisa		9:00-10:15am <b>BEG. BALLET</b> Mindy	9:00-10:00am <b>NIA</b> Dawn **
10am to 11am		10:00-11:00am <b>NIA</b> Dawn **				10:30-11:30am <b>CARDIO DANCE</b> Frank	10:15-11:15am <b>NIA</b> Dawn **
11am to 12pm						11:30-12:30pm <b>NIA</b> Jillian **	11:30-12:30pm <b>CARDIO KICKBOXING</b> Matt**
12pm to 1pm	12:30-1:30pm <b>INTERVAL CIRCUIT</b> Frank	12:15-1:15pm <b>DANCE CIRCUIT</b> Frank	12:30-1:30pm <b>INTERVAL CIRCUIT</b> Frank	12:15-1:15pm <b>ZUMBA CIRCUIT</b> Frank	12:30-1:30pm <b>NIA</b> Jillian **		
1pm to 2pm							
2pm to 3pm							
3pm to 4pm							
4pm to 5pm							
5pm to 6pm	5:30-6:30pm <b>ZUMBA BASICS</b> Frank	5:30-6:30pm <b>NIA</b> Jillian**	5:30-6:30pm <b>ZUMBA</b> Natalie		5:30-6:30pm <b>ZUMBA</b> Lee		
6pm to 7pm	6:30-7:30pm <b>CARDIO DANCE</b> Frank	6:30-7:30pm <b>HOUSE DANCE</b> Mark	6:30-7:30pm <b>CARDIO DANCE</b> Frank	6:30-7:30pm <b>CARDIO KICKBOXING</b> Matt**			
7pm to 8pm		7:30-10:00pm <b>WEST COAST SWING</b> Pat & Chuck **	7:30-8:45pm <b>INT. BELLYDANCE</b> Crystal**			8:00pm-12:00am <b>MILONGA TANGO</b> Iris 3rd Saturday **	

**RATES:** Drop In: **\$15**

Five class package: **\$65**

Student Discount 10% off with student I.D.

Ten class package: **\$110**

Monthly Unlimited: **\$120**

Class Pkgs. good for 30 days from date of purchase.

Have classes left on your package? You may pay the difference up to the single class price for unused classes

\*\*indicates pay instructor per class.