

Start Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am to 9am			8:15-9:15am DANCE WORKOUT <i>Frank</i>		8:15-9:15am INTERVAL CIRCUIT <i>Frank</i>		
9am to 10am	9:30-11:00am IYENGAR STYLE YOGA <i>Jeevan</i>		9:30-11:00am IYENGAR STYLE YOGA <i>Jeevan</i>		9:30-11:00am IYENGAR STYLE YOGA <i>Jeevan</i>	9:00-10:15am BEG/INT BALLET <i>Mindy</i>	9:00-10:15am ADULT BEG. BALLET <i>Mindy</i>
10am to 11am						10:30-11:30am CARDIO DANCE <i>Frank</i>	
11am to 12pm			11am-12pm BEG. HIP HOP FOR ADULTS <i>Caitlin</i>		11am-12pm BEG. JAZZ FOR ADULTS <i>Caitlin</i>		11:30-12:30pm CARDIO KICKBOXING <i>Matt**</i>
12pm to 1pm		12:30-1:30pm DANCE CIRCUIT <i>Frank</i>		12:30-1:30pm DANCE CIRCUIT <i>Frank</i>			
1pm to 2pm							
2pm to 3pm							
3pm to 4pm							
4pm to 5pm							
5pm to 6pm		5:15-6:15pm CARDIO KICKBOXING <i>Matt**</i>	5:30-6:30pm ADULT BEG. BALLET <i>Karen</i>				
6pm to 7pm	6:30-7:30pm CARDIO DANCE <i>Frank</i>		6:30-7:30pm CARDIO DANCE <i>Frank</i>	6:30-7:30pm CARDIO KICKBOXING <i>Matt**</i>			
7pm to 8pm	7:30pm-9:00pm INT. BELLYDANCE <i>SeSe Geddes**</i>	7:00pm-10:00pm WEST COAST SWING <i>Pat & Chuck**</i>	7:30-8:30pm INT. BELLYDANCE <i>SeSe Geddes**</i>		7:30-10:30pm TANGO FOR ALL AGES <i>Michael**</i>	7:00-10:00pm WEST COAST SWING <i>1st Sat of month Pat & Chuck**</i>	

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

DANCE 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!

ADVANCED BEG/INT BALLET: Classical ballet training for the intermediate level student wanting to improve technique and enjoy the art of ballet.

BEGINNING BALLET: Classical ballet training for the beginning adult student, focusing on learning technique in a comfortable and supportive atmosphere.

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

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

INTERMEDIATE BELLYDANCE: Intermediate Fusion with Finger Cymbals.

IYENGAR STYLE YOGA: Classes are focused on a steady, safe and methodic increase in flexibility and body strength. Injury prevention & strength restoring qualities of Yoga are a natural base of each class.

TANGO FOR ALL LEVELS: Excellent for beginners and great for dancers who want to work on their Tango. Floor craft, Tango etiquette and culture will be covered. 7pm-8pm Fundamentals, 8pm-11pm Practia.

BEGINNING JAZZ FOR ADULTS: Class will focus on practice of jazz technique and choreography.

BEGINNING HIP HOP F/ADULTS Class will include basic hip hop moves, stretching and conditioning and progress to choreography. Class is somewhat aerobic and low to medium impact.

RATES:

Drop In: \$17
Five class package: \$75
Ten class package: \$120
Monthly, unlimited: \$139

**indicates pay instructor per class.