

Start Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am to 9am	8:15-9:15am BALLET/PILATES FUSION <i>Sharon</i>		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>	9:00-10:00am BEG. BALLET BASICS <i>Mindy</i>
10am to 11am						10:30-11:30am CARDIO DANCE <i>Frank</i>	10:15-11:15am NIA <i>Dawn**</i>
11am to 12pm						11:45-12:45pm NIA <i>Jillian**</i>	11:30-12:30pm CARDIO KICKBOXING <i>Matt**</i>
12pm to 1pm	12:30-1:30pm INTERVAL CIRCUIT <i>Frank</i>	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 BEG. BALLET BASICS <i>Sharon</i>				
6pm to 7pm	6:30-7:30pm CARDIO DANCE <i>Frank</i>	6:30-7:30pm NIA <i>Jillian**</i>	6:30-7:30pm CARDIO DANCE <i>Frank</i>	6:30-7:30pm CARDIO KICKBOXING <i>Matt**</i>			
7pm to 8pm		7:30-10:00pm WEST COAST SWING <i>Pat & Chuck**</i>	7:30-8:45pm INT. BELLYDANCE <i>Crystal**</i>	7:45-8:45pm PRIVATELY RENTED	8:00-12am MILONGA IMPULSIVA <i>2nd Fri of month Daniel & Carola**</i>	8:00-12am 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!

BEG./INT. BALLET: Focuses on more advanced Ballet Technique and moves.

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

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.

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.

CORE & SCULPT CLASS: Strength training class incorporating bands, weights and stability ball.

BALLET/PILATES FUSION: Stretch and strengthen in this innovative fusion of Ballet and Pilates. Ballet barre joins Pilates mat and standing exercises to improve both strength and flexibility, enhancing movement through the use of correct biomechanics.

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.

Milonga Impulsiva: Wanna experience the most passionate dance in the world while having fun at the same time? This is the answer. Music is mostly Golden Age with occasional alternative tango sets. Friendly atmosphere and great location.

RATES:

Drop In: \$15
Five class package: \$65
Ten class package: \$110
Monthly, unlimited: \$129

**indicates pay instructor per class.