

AAMC WEEKLY BALLROOM SCHEDULE

If a class requires registration, please visit our website for registration info.

For specific class-related questions please contact the instructor directly.

Classes may change, for a current schedule and instructor contact info visit:

www.astoriaartsandmovement.com

Monday

9:30 - 10:30am **Zumba Dance Fitness** with Kim Postlewaite

5:30 - 6:15pm **Improv Team Sync (I.T.S.) Belly Dance Level 1** with Julie Kovatch

6:15 - 7:00pm **Improv Team Sync (I.T.S.) Belly Dance Level 2** with Julie Kovatch

7:00 - 8:00 **Tap** with Marco Davis (starts October 6th)

Tuesday

8:30 - 9:30am **Zumba** with Tammy Loughran

9:45 - 10:45am **HIIT Sculpt** with Keith Lewis

3:30 - 4:15pm **Kids Yoga** with Amy Rau (ages 6+ w/ parent)

4:15 - 5:15pm **Yoga for Everyone** with Amy Rau

6:00 - 6:45pm **Beginner West Coast Swing** with Jake Helligso

6:45 - 7:30pm **West Coast Swing Practice** with Jake Helligso

Wednesday

8:30 - 9:30am **Zumba Dance Fitness** with Kim Postlewaite

10:00 - 11:15am **Gentle Yoga** with Terrie Powers (registration required)

11:30 - 12:15 **Little Bird Parent-Child Music Class** (ages 0-4) with Gabrielle Macrae (currently on hold, resumes in the Fall)

2:30 - 3:15pm **Mini Bops (ages 3-6)** with Katelyn Smith

3:30 - 4:15pm **Chaos + Art Minis** (ages 6-9) with Tia Larson

4:15pm - 5:00pm **Chaos + Art Juniors/Seniors** with Tia Larson

5:00pm - 5:30pm **Chaos + Art Seniors** with Tia Larson

6:00 - 7:00pm **Belly Dance Basics** with Jessamyn Grace

7:00 - 8:00pm **Belly Dance Choreography** with Jessamyn Grace

Thursday

8:30 - 9:30am **Zumba** with Tammy Loughran

9:45 - 10:45am **HIIT Sculpt** with Keith Lewis

2:45 - 3:30pm **Tiny Dancers** (ages 3 - 5) with Tia Larson 2:45 - 3:30pm

5:00 - 5:30pm **Yin/Restorative Yoga** with Jude Matulich-Hall + guest instructors

5:30 - 6:00pm **Yoga Workshop** with Jude Matulich-Hall + guest instructors

6:00 - 6:30pm **Full Yoga Practice** with Jude Matulich-Hall + guest instructors

6:45 - 7:45pm **Dance Fitness** with Erin Carlsen

8:00 - 9:00pm **Tango Practica** with Janine Carranza

Friday:

10:00 - 11:15am **Gentle Yoga** with Terrie Powers (registration required)

Once a month Friday classes:

6:00 - 8:00pm **Benergy Movement + Sound** with Benedetto DeFrancisco (2nd Friday)

Last Friday of the Month Ballroom Socials (currently on hold)

7:00 - 8:00pm **Ballroom Dance Lesson** with Rich Small

8:00 - 10:00pm **Open Ballroom Dancing- Swing, Latin, Country 2-Step** hosted by Rich Small

Saturday

10:00 - 11:00am **Dance Fitness** with Erin Carlsen

11:30am - 12:30pm **Yoga Fundamentals** with Kelli Mack

1:30 - 2:30pm **Burlesque** with Nat Gilgien (ages 18+, registration required)

6:00 - 7:00pm **Argentine Tango Group Class** with Estelle Olivares

7:00 - 8:00pm **Argentine Tango Practica** - hosted by Estelle Olivares

Sunday

8:30 - 9:30am **HIIT Sculpt** with Keith Lewis

8:00 - 9:15pm **Yoga Fundamentals** with Megan Rose (resumes in August)

12noon - 1:00pm **Line Dancing** (ages 16+) with Tia Larson

2:00 - 3:30pm **Breathwork** with Riki Leona (1st & 3rd Sunday, registration required)

6:30 - 8:00pm **Ecstatic Dance** with Amanda DeBock & Benergy Healing (resumes in the Fall)

7:00 - 10:00pm **Monthly Contra Dance** with Dave Ambrose and Live Music (currently on hold)

AAMC/ASTORYA REVUE WEEKLY UPSTAIRS SCHEDULE

Private lessons have moved upstairs, more classes added soon- please check our website FMI!

Tuesday

4:00 - 5:00pm **Children's Cirque** with Tia Larson

6:00 - 8:00pm **Fusion Belly Dance** with Naomi Peña

Wednesday

6:30 - 7:30pm **Heels** with Katelyn Smith

Thursday

1:30 - 2:30pm **Adult Cirque** with Tia Larson