

AAMC WEEKLY SCHEDULE

For specific class-related questions or if a class indicates registration is required below, please contact the instructor directly.

Classes may change, for a current schedule and instructor contact info please visit: www.astoriaartsandmovement.com

Monday

- 9:30 - 10:30am **Zumba Dance Fitness** with Kim Postlewaite
- 5:00 - 5:30pm **Yoga Workshops** with Jude Matulich-Hall + guest instructors
- 5:30 - 6:30pm **Yoga Class** with Jude Matulich-Hall + guest instructors
- 6:30 - 7:00pm **Yin/Restorative Yoga** with Jude Matulich-Hall + guest instructors
- 7:00 - 8:00pm **Dance Fitness** with Erin Carlsen

Tuesday

- 8:30 - 9:30am **Zumba** with Tammy Loughran
- 2:15 – 3:00pm **Tiny Dancers** (ages 3 - 5) with Tia Van Slyke
- 4:30 – 5:30pm **Ballet** with Nat Gilgien (currently on hold)
- 6:00 - 7:00pm **Beginner West Coast Swing Level 1** with Rich Small
- 7:00 - 8:00pm **Intermediate West Coast Swing Level 2** with Rich Small

Wednesday

- 8:30 - 9:30am **Zumba Dance Fitness** with Kim Postlewaite
- 10:00 - 11:15am **Gentle Yoga with Terrie Powers**
- 4:15 - 5:00pm **Family Yoga** with Aubrie Kohlhas (currently on hold)
- 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 - 10:30am **Baby and Me** (ages 1 - 2 w/ parent) with Tia Van Slyke
- 10:45 - 11:30am **Tiny Dancers** (ages 3 - 5) with Tia Van Slyke
- 2:15 – 3:00pm **Elementary Ballet** (ages 6 & up) with Tia Van Slyke
- 3:15 - 4:15pm **Kids Yoga** with Amy Rau (starts April 25th, ages 6+ w/ parent)
- 5:30 - 7:00pm **ITS (Improv Team Sync) Belly Dance** with Julie Kovatch
- 7:00 - 8:00pm **Dance Fitness** with Erin Carlsen

Friday

9:00 - 10:15am **Gentle Yoga with Terrie Powers**

Once a month Friday classes:

- 6:00 - 7:15pm **Dream Circles Ecstatic Dance** with Amanda DeBock (1st & 3rd Friday)
- 6:00 - 8:00pm **Benergy Movement + Sound** with Benedetto DeFrancisco (2nd Friday)

Last Friday of the Month Ballroom Socials

- 6:30 - 7:00pm **Ballroom Dance Lesson** with Rich Small
- 7:00 - 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 – 12:45pm **Ashtanga Yoga** with Megan Rose

1:30 - 2:30pm **Contemporary Choreography** with Nat Gilgien (currently on hold)

4:00 – 5:00pm **Beginner Bachata** with Mel

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

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

Sunday

7:30am - 9:30am **Intermediate Ashtanga Yoga** with Megan Rose (begins July 7th)

10:00 - 11:00am **Chaos + Art Creative Movement for Teens** with Tia Van Slyke

11:00 - 12noon **Gathering of Goddesses- Women's Circle for Healing** with Tia Van Slyke

12noon - 1:00pm **Mirrorwork Creative Movement for Your Inner Divine Feminine** with Tia Van Slyke

1:30 - 2:30pm **Ballroom - East Coast Swing** with Rich Small (currently on hold)

2:30 - 3:30pm **Country Line Dance** with Rich Small (currently on hold)

3:30 - 4:30pm **Line Dance Team** with Rich Small (currently on hold)

5:00 - 7:00pm **Tango Practica** (private, hosted by Bernard & Donna)

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