

AAMC WEEKLY SCHEDULE

If a class indicates registration required below, please contact the instructor directly.
Classes may change, for a current schedule and instructor info visit: astoriaartsandmovement.com

Monday

9:30 - 10:30am **Zumba Dance Fitness** with Kim Postlewaite
5:00 - 6:30pm **Intermediate Yoga** with Jude Matulich-Hall
7:00 - 7:30pm **Salsa Fitness** with Connor Swan

Tuesday

8:30 - 9:30am **Zumba** with Tammy Loughran
6:00 - 7:00pm **West Coast Swing Level 1** with Rich Small
7:00 - 8:00pm **West Coast Swing Level 2** with Rich Small
8:00 - 9:00pm **Ballroom Series** with Rich Small

Wednesday

8:30 - 9:30am **Zumba Dance Fitness** with Kim Postlewaite
10:00 - 11:15am **Gentle Yoga Series** with Terrie Powers
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
5:30 - 7:00pm **Improv Team Sync (I.T.S.)- Team Style Belly Dance** with Julie Kovatch

Friday

10:00 - 11:15am **Gentle Yoga Series** with Terrie Powers

Once a month Friday classes:

6:00 - 8:00pm **Benergy Movement + Sound** with Benedetto DeFrancisco (2nd Friday)
6:00 - 7:15pm **Dream Circles Ecstatic Dance** with Kimberly O'Bryant (3rd Friday)

Last Friday of the Month Ballroom Socials (resume in February 2023):

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 **Hip Hop Dance Fitness** with Erin Carlsen
6:00 - 7:00pm **Argentine Tango Group Class (includes Practica immediately following)** - open to the public, no experience necessary - taught by Estelle Olivares
7:00 - 8:00pm **Argentine Tango Practica** - hosted by Estelle Olivares

Sunday

1:00 - 2:30pm **Country Line Dance Workshop** with Rich Small (Nov 13th & Dec 11th only)
5:00 - 7:00pm **Tango Practica** (private, hosted by Bernard and Donna- **4th Sunday of the month practica is 4-6pm**)
7:00 - 10:00pm **Monthly Contra Dance** with Dave Ambrose and Live Music (4th Sunday of the month)