

## 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](http://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

### 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  
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 (classes resume in Spring)  
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  
5:30 - 7:00pm **Improv Team Sync (I.T.S.)- Team Style 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 (1<sup>st</sup> & 3<sup>rd</sup> Friday)
- 6:00 - 8:00pm **Benergy Movement + Sound** with Benedetto DeFrancisco (2<sup>nd</sup> Friday)

**Last Friday of the Month Ballroom Socials** (classes on hold, start date coming soon)

- 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 (starts April 6<sup>th</sup>)  
4:00 - 5:00pm **Beginner Bachata** with Belle Devereux  
6:00 - 7:00pm **Argentine Tango Group Class** taught by Estelle Olivares  
7:00 - 8:00pm **Argentine Tango Practica** hosted by Estelle Olivares

### Sunday

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  
2:30 - 3:30pm **Country Line Dance** with Rich Small  
3:30 - 4:30pm **Line Dance Team** with Rich Small  
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)