

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

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)

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 (resumes in December)

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

5:00 - 5:30pm **Yin/Restorative Yoga** with Jude Matulich-Hall+guest instructors (resumes in Jan)

5:30 - 6:00pm **Yoga Workshop** with Jude Matulich-Hall + guest instructors (resumes in Jan)

6:00 - 6:30pm **Full Yoga Practice** with Jude Matulich-Hall + guest instructors (resumes in Jan)

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 (resumes in December)

11:30 - 12:15 **Little Bird Parent-Child Music Class** (ages 0-4) with Gabrielle Macrae

Once a month Friday classes:

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

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

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

6:30 - 8:00pm **Ecstatic Dance** with Amanda DeBock & Benergy Healing (2nd & 4th Sunday)

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!

Monday

6:00 - 7:30pm **Energy Alignment Practice** with Jenny Donahue (adults 18+)

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