

AAMC WEEKLY 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

1:45 - 4:45pm private lessons

5:30 - 6:30pm **Poi Spinning Workshop, July 7-28th only** with Julie Kovatch (class is FULL)

5:30 - 6:15pm **Improv Team Sync Belly Dance Level 1** with Julie Kovatch (resumes in August)

6:15 - 7:00pm **Improv Team Sync Belly Dance Level 2** with Julie Kovatch (resumes in August)

7:00 - 8:00pm **Tap** with Marco Davis (starts in the Fall)

Tuesday

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

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

12noon - 1pm private lessons

3:00 - 3:30pm **Junior Bops (ages 7-12)** with Katelyn Smith

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

4:15 - 5:15pm **Teen Yoga** with Amy Rau

6:00 - 7:00pm **Rotating Ballroom (Swing, Cha-Cha, Country, 2-Step, etc)** with Rich Small

7:00 - 8:00pm **Rotating Ballroom (Swing, Cha-Cha, Country, 2-Step, etc)** with Rich Small

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 (resumes in the Fall)

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

6:00 - 8:00pm **Belly Dance Summer Workshop Series** with Jessamyn Grace

Thursday

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

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

10:45 - 11:30am **Tiny Dancers** (ages 3 - 5) with Tia Larson

11:30am - 2:30pm private lessons

2:45 - 3:30pm **Chaos + Art Minis** (ages 6-9) with Tia Larson

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

6:30 - 7:30pm **Dance Fitness** with Erin Carlsen

8:15 - 9:15pm **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)

6:00 - 7:30pm **Warrenton School Dance Group** with Celeste Kenneally (1st & 3rd Friday)

Last Friday of the Month Ballroom Socials

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 Megan Rose and Kelli Mack

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

2:30 - 3:30pm **Astoria West Exchange School workshops** <https://www.awe-astoria.org/>

4:00 - 5:00pm **Bachata Choreography and Technique** with Mel

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

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

Sunday

10:00 - 11:00am **Chaos + Art Creative Movement for Tweens/Teens** with Tia Larson (ages 14+)

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

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

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

3:30 - 5pm private Lessons

5:00 - 6:00pm **Heels** with Katelyn Smith (resumes in August)

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)