

# Yoga, Dance & Fitness Center, LLC

## WEEKLY CLASS SCHEDULE

Register on [www.ydfcenter.com](http://www.ydfcenter.com)

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga for Strength Jen LaRue 8:00am Studio A				Yoga for Strength Laura Fetzer 8:00am Studio A	All Levels Yoga Laura Fetzer 7:30am Studio A	
					Pilates Kate W. 8:45am Studio A	
				Pilates Laura N.. 12:30pm Studio A	Gentle Flow Yoga Rachel Hetzer 10:00am Studio A	
Zumba David Oliveira 5:45pm Studio B	Kids Hula Hoop with Showcase* Andrea M. 5:30pm Studio B	Hula Hoop with Showcase* Andrea M. 5:30pm Studio B			Dynamic Dance Kate W. 10:00am Studio B	
Pilates Laura N. 5:30pm Studio A	Power Vinyasa Yoga Laura Fetzer 5:30pm Studio A	Intro to Hula Hoop Andrea M. 6:30pm Studio B	Gentle Flow Yoga Rachel Hetzer 5:30pm Studio A			
	Beginner Belly Dance Delilah Raqs 6:45pm Studio B	Restorative Yoga Rachel Hetzer 5:30pm Studio A	ShimmyFit Cardio Andrea McKay 6:30pm Studio B		Key: Blue = Yoga Purple = Dance Green = Fitness/Other  Studio A: Ste. 206 (upstairs) Studio B: Ste. 11 (downstairs)  *Indicates a Limited Session	
Intermediate Belly Dance Delilah Raqs 7:00pm Studio B	Advanced Belly Dance Andrea McKay 6:45pm Studio A	Jazz and Hip Hop Angela Martin 7:00pm Studio 1				