

expression

Dance & Wellness Center



Class Schedule 2025-2026

See Online Calendar for Class Schedule Updates :)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10am Dancing Diapers (1&2 yrs w/caregiver)			10:30am Mindful Meditation	10am Baby Open Gym (0-4 yrs w/caregiver) <i>*MONTHLY*</i>
	10:45am Rockin' Babies (0-9mos w/caregiver)	10am Adult Yoga (Gentle All Level)	11am Chair Yoga & Exercise	11:30am Baby & Me Yoga (1-4 yrs w/caregiver)	11am Adult Yoga (Vinyasa All Level)
					12pm ZUMBA
4pm Tiny Dancers Ballet/Jazz (ages 3-5)	4pm Kids Ballet (ages 6-10)	4pm Kids Hip-Hop (ages 6-10)	4pm Kids Yoga (ages 5+)		<i>BOOK YOUR PARTY OR PRIVATE EVENT WITH US!</i>
5pm Teen Ballet (ages 11+)	5pm Kids Jazz (ages 6-10)	5pm Teen Hip-Hop (ages 11+)	5pm Kids Acro (ages 6-10)	<i>CHECK OUT MONTHLY EVENTS!</i>	
6pm Contemporary (ages 8+)	6pm Adult Hip Hop Fitness	6pm Teen Jazz (ages 11+)	6pm Adult Barre Fusion		<i>REIKI, FACIALS & REFLEXOLOGY APPTS AVAILABLE!</i>
7pm ZUMBA	7pm Soul Flow Series (9/16-10/28)	7pm Adult Jazz Fusion	7pm Line Dance Series (9/25-10/30)		

2141 Crompond Rd, Cortlandt Manor, NY 10567 (914) 293-7021

www.expressiondancewellness.com