

SUMMER Schedule 2024 (July-Aug)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10am Rockin' Babies <i>(infant-6mos w/ caregiver)</i>	9-10am Body Sculpt		9-10am Body Sculpt		10-11am Adult Yoga <i>(Vinyasa Flow)</i>
10-10:45am Dancing Diapers <i>(6mos-3yrs w/caregiver)</i>		11:30am Adult Yoga <i>(Gentle)</i>	10-10:40am Chair Yoga		
	4-4:45pm Tiny Dancers <i>(ages 3-6)</i>		4-4:45pm Kids Yoga <i>(Ages 5+)</i>		
	5-6pm Ballet/Lyrical <i>(ages 7-11)</i>		5-6pm Jazz/HH <i>(ages 7-11)</i>		<i>CHECK OUT MONTHLY EVENTS OR BOOK YOUR PARTY TODAY!</i>
6-7pm Adult Yoga <i>(Vinyasa Flow)</i>	6-7pm Ballet/Lyrical <i>(ages 12+)</i>		6-7pm Jazz/HH <i>(ages 12+)</i>		<i>FACIALS/REFLEXOLOGY /REIKI APPTS UPON REQUEST</i>
	7-8pm Adult Dance Fitness		7-8pm Adult Barre Fusion		

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

www.expressiondancewellness.com

Fall Classes Begin Sept 9th!

Proposed Schedule 2024-2025 (Sept-June)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10am Rockin' Babies <i>(infant-6mos w/ caregiver)</i>				8-8:30am Mindfulness Meditation <i>(Virtual only)</i>	10am OPEN TODDLER GYM <i>(once per month TBA)</i>
10-10:45am Dancing Diapers <i>(6mos-3yrs w/caregiver)</i>		11:30am Adult Yoga <i>(Gentle: In Studio & Virtual)</i>	11-11:40am Chair Yoga <i>(In Studio & Virtual)</i>		11am-12pm Adult Yoga <i>(Vinyasa All Level: In Studio & Virtual)</i>
4:15-5pm Tiny Dancers Ballet <i>(ages 3-6)</i>		4:15-5pm Tiny Dancers Hip-Hop <i>(ages 4-6)</i>	4:15-5pm Kids Yoga <i>(ages 5+)</i>		
5-6pm Kids Acro <i>(ages 7-11)</i>	5-6pm Kids Ballet <i>(ages 7-11)</i>	5-6pm Kids Hip-Hop <i>(ages 7-11)</i>	5-6pm Kids Jazz <i>(ages 7-11)</i>		<i>CHECK OUT MONTHLY EVENTS OR BOOK YOUR PARTY TODAY!</i>
6-7pm Adult Yoga <i>(In Studio & Virtual)</i>	6-7pm Teen Ballet <i>(ages 12+)</i>	6-7pm Teen Hip-Hop <i>(ages 12+)</i>	6-7pm Teen Jazz <i>(ages 12+)</i>		<i>FACIALS & REFLEXOLOGY APPTS UPON REQUEST</i>
7-8pm Adult Dance Fitness <i>(In Studio & Virtual)</i>	7-7:30pm Pointe	7-8pm Contemporary	7-8pm Adult Barre Fusion <i>(In Studio & Virtual)</i>		

****FALL REGISTRATION 8/15 & 8/29 from 5-7pm****

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2024-2025 *Dance* Expression Pricing

(Kids/Teens Sept-June)

*Full Tuition for the Season may be paid in full (receive a 10% Discount) or broken down into 10 payments.
There are discounts for siblings and multi-classes.*

Tiny Dancers \$70/mo (\$700/Year)
Kids/Teens \$75/mo (\$750/Year) 1 Class per week

2 Classes per week \$145/mo
3 Classes per week \$210/mo
4 Classes per week \$270/mo
5 Classes per week \$325/mo
6 Classes per week \$375/mo

(Drop-ins \$22/class)

****A one-month Deposit is required when registering***
A \$25 registration fee per family will be applied*

2024-2025 *Self* Expression Pricing

ADULT Yoga/Fitness Classes

\$20 Drop-In

10-class card \$175

CHAIR YOGA: \$15 Drop-in, 10-class card \$135

Membership \$125/mo Unlimited

BABY/TODDLER Classes

\$15 Drop-In

10-class card \$135

Membership \$50/mo (includes Open Gym)

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