

## Proposed Schedule 2024-2025 (Sept-June)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30-10am <b>Rockin' Babies</b> <i>(infant-6mos w/ caregiver)</i>				10am <i>OPEN TODDLER GYM</i> <i>(once per month TBA)</i>
	10-10:45am <b>Dancing Diapers</b> <i>(6mos-3yrs w/caregiver)</i>	11:30am-12:30pm <b>Adult Yoga</b> <i>(Gentle: In Studio &amp; Virtual)</i>	11-11:40am <b>Chair Yoga</b> <i>(In Studio &amp; Virtual)</i>	11:30-12:15 <b>Mommy &amp; Me Yoga</b> <i>(18mos-3yrs w/caregiver)</i>	11am-12pm <b>Adult Yoga</b> <i>(Vinyasa All Level: In Studio &amp; Virtual)</i>
4:15-5pm <b>Tiny Dancers</b> <i>(ages 3-6)</i>			4:15-5pm <b>Kids Yoga</b> <i>(ages 5+)</i>		
5-6pm <b>Acro</b> <i>(ages 7+)</i>	5-6pm <b>Kids Ballet</b> <i>(ages 7-11)</i>	5-6pm <b>Kids Hip- Hop</b> <i>(ages 7-11)</i>	5-6pm <b>Kids Jazz</b> <i>(ages 7-11)</i>	5-6pm <b>Adult Sculpt</b>	<i>CHECK OUT MONTHLY EVENTS OR BOOK YOUR PARTY TODAY!</i>
6-7pm <b>Adult Yoga</b> <i>(In Studio &amp; Virtual)</i>	6-7pm <b>Teen Ballet</b> <i>(ages 12+)</i>	6-7pm <b>Teen Hip-Hop</b> <i>(ages 12+)</i>	6-7pm <b>Teen Jazz</b> <i>(ages 12+)</i>		<i>FACIALS &amp; REFLEXOLOGY APPTS UPON REQUEST</i>
7-8pm <b>Adult Dance Fitness</b> <i>(In Studio &amp; Virtual)</i>	7-7:30pm <b>Pointe</b>	7-8pm <b>Contemporary</b>	7-8pm <b>Adult Barre Fusion</b> <i>(In Studio &amp; Virtual)</i>		

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

[www.expressiondancewellness.com](http://www.expressiondancewellness.com)

## 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)**

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

[www.expressiondancewellness.com](http://www.expressiondancewellness.com)