

# Schedule 2024-2025 (Sept-June)

Updated 9/9/24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30-10am <b>Rockin' Babies</b> <i>(infant-6mos w/ caregiver)</i>				10am <b>OPEN TODDLER GYM</b> <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)</i>	11-11:45am <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>(In Studio &amp; Virtual)</i>	<i>Check out our 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>		<b>Facials, Reflexology, &amp; Reiki Appts Upon Request!</b>
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>		

For Pricing 

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 1 Class per week \$75/mo (\$750/Year)

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

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

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# 2024-2025 *Self* Expression Pricing

## **ADULT Yoga/Fitness Classes**

\$20 Drop-In

*10-CLASS PASS \$175*

**Chair Yoga:** \$15 Drop-in, *10-CLASS PASS \$135*

## **BABY/TODDLER Classes**

\$15 Drop-In

*10-CLASS PASS \$135*

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