

***TEAL BLUE** are FITNESS classes

***ORANGE** are Session PROGRAMS

***GREEN** are DANCE classes

ALL CLASSES ARE BACK TO IN-PERSON
Classes marked with a (Z) will also be transmitted via ZOOM



February Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|--------------------------------|--|--|---|---|
| MORNING CLASSES | | | | | |
| | | (Z) 9:30 AM PowerFIT Strength training | | | (Z) 9:30 AM PowerFIT Strength training |
| | | | 10:00 Line Dance Beginner | 10:30 Low Impact / Gentle FitMIX w/Lauren (Mix of cardio fitness classes. Zumba Gold & Toning) | (Z) 10:00 AM Zumba Workout |
| | | | | | |
| EVENING CLASSES | | | | | |
| (Z) 5:00 Zumba/CardioMIX | | 5:00 Line Dance Beginner | (Z) 5:00 PM Zumba |  VALENTINE'S SOCIAL Celebrating Friendship & Love with some dancing. Everyone welcome Friday, February 10th 7:30 to 10:00 | |
| | (Z) 6:00 PM CardioMix/Zumba | 6:00 Line Dance High Beginner | 6:00 LATIN line (SHINES) Beginner II | | |
| | 7:00 Belly Cardio Dance | 7:00 Line Dance Improver / Intermediate Level | 7:00 Partners Dance Class (Latin & Country Western) | | |

| PROGRAMS | CURRENT | UP COMING |
|--------------------------|----------------------------|-----------------------------|
| INTRO to Line Dance | ➔ MONDAY Jan 16 to Feb 20 | ➔ MONDAY Mar 6 to Mar 27 |
| INTRO to Belly Dance | ➔ MONDAY Jan 16 to Feb 20 | ➔ MONDAY Mar 6 to Mar 27 |
| INTRO to Latin Dance | ➔ TUESDAY Jan 20 to Jan 31 | ➔ TUESDAY Feb 21 to Mar 14 |
| INTRO to PARTNERS Latin | ➔ FRIDAY Jan 20 to Feb 24 | ➔ THURSDAY Feb 16 to Mar 23 |
| Beginners Dance WORKSHOP | ➔ N/A | ➔ SATURDAY Feb 18 |