

***TEAL BLUE** are FITNESS classes

***GREEN** are DANCE classes

***ORANGE** are Session PROGRAMS

***GRAY** are EVENTS & PRIVATE LESSONS



Schedule

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

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		(Z) 5:00 PM FitMix	(Z) 5:00 PM Zumba	5:30 6-WEEK PARTNERS LATIN PROGRAM Jan 20 to Feb 24	
6:00 6-week INTRO to LINE DANCE Jan 16 to Feb 20	(Z) 6:00 PM Zumba Gold CardioMix	6:00 Line Dance High Beginner	6:00 LATIN line (SHINES) Beginner II	6:30 LINE DANCE CLASS Beginners	
7:00 6-week INTRO TO BELLY Dance Jan 16 to Feb 20	7:00 BellyFIX Dance Class	7:00 Line Dance Improver Level	7:00 PARTNERS DANCE CLASS (Latin & Country Western)	7:30 ZUMBA DANCE FITNESS CLASS	
	8:00 4-week INTRO to LATIN dance Jan 10 to 31				