





| *TEAL BLUE are FITNESS classes | | *ORANGE are Session PROGRAMS | | | AUGUST 2024 Schdule |
|---|---|--|---|---|-------------------------------|
| *GREEN are DANCE classes | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
| DAYTIME CLASSES | | | | | |
| | | | | 10:30 SilverFIT / Low Impact FitMIX Fitness w/Lauren | |
| EVENING CLASSES | | | | | |
| | 5:30pm 6wks INTRODUCTION to Line Dance w/Lindsay <small>(Jul 2 - Aug 6)</small> | 5:30pm COUNTRY ONLY Beginner Line Dance with Lindsay | 5:30pm <small>Aug 1 to 22</small> LATINO Cardio-Dance WORKOUT  with Laura | | |
| 6:30 LATINO Cardio-Dance WORKOUT with Laura | 6:30pm Line Dance Absolute Beginner/Beginner with Lindsay | 6:30pm Line Dance High Beginner with Yovana | 6:30pm <small>Aug 1 to 22</small> 4-WEEK Program BELLY DANCE CARDIO  with Laura | 6:00pm 6-wks Beginner PARTNER LATIN Dance Program <small>(Jul 5-Sept 6)</small> | |
| 7:30 STRONG - 30 WORKOUT w/Laura | 7:30 <small>Aug 6 to 20</small> LATINO Cardio-Dance WORKOUT  with Laura | 7:30 Line Dance Improver/Intermediat with Yovana | 7:30pm <small>Aug 1 to 22</small> SALSA POWER Dance Class  with Laura | | |