

*TEAL BLUE are FITNESS classes		*ORANGE are Session PROGRAMS			JULY 2024 Schödule
*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 <i>(Starting July 2)</i>	 5:30pm COUNTRY ONLY Beginner Line Dance with Lindsay	5:30pm Sweat, Shake & Shine Dance Fitness with Loiver		
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 LATIN Dance class (SALSA) with Loiver	6:00pm 6-wks Beginner PARTNER LATIN Dance Program <i>(Starting July 5)</i>	
7:30 STRONG - 30 WORKOUT w/Laura	7:30pm LATIN Dance Class (BACHATA) with Loiver	7:30 Line Dance Improver/Intermediat with Yovana	7:30pm PARTNER Bachata Dance Class LEVEL 2 with Loiver	7:00pm 6-wks Easy Beginner LATIN DANCE <i>(Starting July 5)</i>	